

Mental Health Web Sites

Canadian Mental Health Association (general information on mental health issues)	www.cmha.ca
Canadian Mental Health Association – High School (information on mental health as it relates to the high school years)	www.cmha.ca/highschool
Canadian Mental Health Association – Your Education (Information on attending post-secondary school while living with a mental illness)	www.cmha.ca/youreducation
Centre for Addiction and Mental Health	www.camh.net
National Eating Disorder Information Centre (NDEIC) (Bulimia, Anorexia and other eating disorders) Eating Disorder Support Project	www.nedic.on.ca www.eatingdisordersupport.ca
Mood Disorders Society of Canada (information and fact sheets on mood disorders and mental illnesses. Also has links to other web sites)	www.mooddisorderscanada.ca
Anxiety Disorders Canada Association Canada (dedicated to the awareness, prevention and treatment of anxiety disorders)	www.anxietycanada.ca