



Recommended Websites

Anxiety

Anxiety Disorders Association of Ontario
www.anxietydisordersontario.ca

The Anxiety Network – www.anxietynetwork.com

The Social Anxiety Network – www.social-anxiety-network.com

The Canadian Network for Mood and Anxiety – www.canmat.org

Social Phobia – www.socialphobia.org/whatis.html

Social Anxiety Support – www.socialanxiety.com

CMHA: Anxiety Disorders
http://www.cmha.ca/bins/content_page.asp?cid=3-94

National Institute of Mental Health: Anxiety Disorders
<http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

Anxiety Disorders Association of Canada
<http://www.anxietycanada.ca/english/index.php>

Bipolar disorder

The Organization for Bipolar Affective Disorders – www.obad.ca

The Canadian Mental Health Association: Bipolar Disorder
http://www.cmha.ca/bins/content_page.asp?cid=3-86-92

Bipolar Disorder: An Information Guide (CAMH)
http://www.camh.net/About_Addiction_Mental_Health/Mental_Health_Information/Bipolar_Disorder/bipolar_infoguide.pdf

National Institute of Mental Health: Bipolar Disorder
<http://www.nimh.nih.gov/health/publications/bipolar-disorder/complete-index.shtml>

Depression

Depression and Antidepressants
www.biopsychiatry.com/resources/

Dr. Ivan's Depression Central
www.psycom.net/depression.central.html

My Peace of Mind – www.mypeaceofmind.ca

Families

Families for Depression Awareness – www.familyaware.org National Family Caregivers Association
<http://www.thefamilycaregiver.org>

Family Association for Mental Health Everywhere (FAME)
<http://www.fameforfamilies.com>

Mood disorder associations/organizations

Depression and Bipolar Support Alliance – www.dbsalliance.org

Mood Disorders Association of Ontario – www.mooddorders.on.ca

Mood Disorders Society of Canada – www.mooddorderscanada.ca

Pendulum – www.pendulum.org

Magazines

Bp Magazine – www.bphope.ca

Moods Magazine – www.moodsmag.com

Medication

Healthy Ontario – www.healthyontario.com Internet Mental Health – www.mentalhealth.com

Mental health organizations

Canadian Network for Mood and Anxiety Disorders (CANMAT)
www.canmat.org

Canadian Mental Health Organization (Ontario Division)
www.ontario.cmha.ca

Centre for Addiction and Mental Health – www.camh.net

Depression and Bipolar Support Alliance – www.dbsalliance.org

National Alliance for Mental Illness – www.nami.org

National Institute of Mental Health – www.nimh.nih.gov

Ontario Peer Development Initiatives (OPDI) – <http://www.opdi.org>

Psychiatric Patient Advocate Office – www.ppao.gov.on.ca

The Mood Disorders Association of Ontario provides support, information and education as a complement to traditional and alternative therapies. MDAO services are not intended as a replacement for other treatment options and encourages individuals to seek treatment by a qualified health professional.

Mood Disorders Association of Ontario (MDAO)

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