

Resources for Mental Well-being – Share and Learn 2011

Background Documents

Exploring Positive Mental Health

http://www.cpa.ca/cpaweb/userfiles/Documents/Practice_Page/positive_mh_en.pdf

Return on Investment: Mental Health Promotion and Mental Illness Prevention

http://secure.cihi.ca/cihiweb/products/roi_mental_health_report_en.pdf

Mental Health Promotion Toolkit

http://www.cmha.ca/mh_toolkit/intro/intro_1.htm

Best practice guidelines for mental health promotion programs: Children & Youth

http://www.camh.net/About_CAMH/Health_Promotion/Community_Health_Promotion/Best_Practice_MH_Youth/index.html

Healthy Parks, Healthy People

<http://www.parks-parcs.ca/english/pdf/HbN-Colour.pdf>

Mental Health Promotion Strategies

Stress Management

<http://www.ruralsupport.ca/de-stress/index.html>

BC Here to Help

<http://heretohelp.bc.ca/skills/managing-well-being>

Help Guide

<http://helpguide.org/>

Act-Belong-Commit – Mentally Healthy West Australia

<http://www.actbelongcommit.org.au/>

Promoting Mental Well-being and Resilience in Children

Promoting Resilience in Young Children

<http://www.reachinginreachingout.com/>