Mental Health Resources

Mental Health
Research and review manuscripts on topics surrounding mental health, mental illness and mental well-being. Some topics that are highlighted are depression, stress coping, and post-traumatic stress disorder.

American Mental Health Counselors Association
Provides articles on clinical practice, research, emerging trends and issues, and theory and practice for mental health counselors.

Canadian Journal of Community Mental Health
Self Care

Free online self-care and resiliency course
This resource from Wilfrid Laurier University offers a free, online course to help individuals develop self-care skills and support positive mental well-being during challenging times.

Self-care during isolation
This resource from Bloom Therapeutic Recreation & Fitness offers tips and tricks for self-care during isolation.

You are awesome!
This resource is an inspirational video from DRŌM Beyond Drumming.