

Mental Health Policies & Procedures: A Manager's Toolkit



Online Resources

Legal Resources:

- CLEO Legal Fact Sheets: Health and Disability
<http://www.cleonet.ca/topics/14/63?offset=0>

Resources for Newcomers:

- Navigating Mental Health Services in Toronto: A Guide for Newcomer Communities
http://www.cleonet.ca/instance.php?instance_id=3064
- Immigrants and Refugees: Related Resources
http://www.ontario.cmha.ca/about_mental_health.asp?cID=23055

About Mental Health & Addiction:

- Mental Health & Addiction 101
http://atwork.settlement.org/sys/atwork_library_detail.asp?passed_lang=EN&doc_id=1004526

Information & Referral:

- Mental Health Peel
www.mentalhealthpeel.org
- CAMH McLaughlin Information Centre
http://www.camh.net/about_addiction_mental_health/mclaughlin_information_centre/index.html
- Mental Health Notes- A free biweekly newsletter featuring mental health news and events
http://www.ontario.cmha.ca/mental_health_notes.asp
- Community Resource Connections of Toronto
http://www.crct.org/elibrary/resource_dsearch.cfm

Free Online Tests:

- Stress
http://www.cmha.ca/bins/content_page.asp?cid=4-42-216
- Check Up from the Neck Up
<http://checkupfromtheneckup.ca/quiz2/checkup.php>
- Work/Life Balance
http://www.cmha.ca/bins/balance_page.asp?cid=2-1841-1842&lang=1

Mental Health in the Workplace:

- Mental Health Works
<http://www.mentalhealthworks.ca/index.asp>
- Workplace Mental Health Promotion
<http://wmhp.cmhaontario.ca/>
- Workplace Strategies for Mental Health
<http://www.gwlcentreformentalhealth.com/index.asp>