



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

Psych Direct – www.psychdirect.com

Ontario Obsessive Compulsive Association – www.oocdn.org

Bipolar disorder

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

**Treatment of Bipolar Disorder:
 A Guide for Patients and Families (2004)**
http://www.psychguides.com/Bipolar_%20_Handout.pdf

Depression

Depression and Antidepressants
www.biopsychiatry.com/resources/

Psych Direct – www.psychdirect.com

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.mooddisorders.on.ca

Mood Disorders Society of Canada – www.mooddisorderscanada.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

Mental Health Infosource – www.mhsource.com

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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