

Mental Health Useful Links

Centre of Excellence for Mental Health

<http://cemh.lbpsb.qc.ca/>

National Institute of Mental Health:

<http://www.nimh.nih.gov/health/topics/index.shtml>

The ABCs for Mental Health - A Teacher Resource, A Parent Resource

Parents and teachers often have questions about the behaviour of children and adolescents. The ABCs of Mental Health provides two free, web-based Resources - one for teachers and one for parents – to help answer these questions.

<http://www.hincksdellcrest.org/ABC/Welcome>