You Tube Videos

Module 1

Aaron’s story: <https://youtube.com/playlist?list=PLE5iYIV5plTFatiaDjyu4WZNHJ5TMRhRN>

Danielle’s story: <https://youtu.be/qP-cNv4dc94>

Stella’s story: <https://youtu.be/nF36KwJwYMY>

Michael’s story: <https://youtu.be/wx5buyNP96U>

Module 2

The Teen Brain: <https://youtu.be/EGdlpaWi3rc>

Mental Health Literacy Pyramid Explained: <https://youtu.be/VgYmIsYmUIU>

The Inter-Relationship of Mental Health States: Language Matters: <https://youtu.be/IxZd72SXfXE>

What are Mental Disorders: <https://youtu.be/0ce7hEj9tyM>

Module 3

Teen ADHD: <https://youtu.be/rIKMo8VuC_c>

Ellie’s Depression: <https://youtu.be/i8EPzkxAiVw>

Social Anxiety Disorder: <https://youtu.be/kitHQUWrA7s>

Understanding Obsessive Compulsive Disorder: <https://youtu.be/ua9zr16jC1M>

Stella’s Story: Bipolar disorder: <https://youtu.be/DQZdl4yAudI>

Dylan’s Panic Disorder: <https://youtu.be/R3S_XYaEPUs>

Module 4

First Person Experience: Stella - <https://youtu.be/iDEE_54zobU>

First Person Experience: Laura - <https://youtu.be/pcKyyQvCFtM>

First Person Experience: Luke - <https://youtu.be/leLF0FnHFUk>

First Person Experience: Amy - <https://youtu.be/Ymqo4u-Sh_k>

First Person Experience: Connor - <https://youtu.be/72W364gPrxc>

First Person Experience: Caet - <https://youtu.be/kRN_eDsqNsI>

Module 5

Lecture: <https://youtu.be/VcawWJJ_n18>

Other useful links:

* Canadian Mental Health Association (<https://www.cmha.ca>)
* Centre for Addiction and Mental Health (<http://www.camh.net>)
* Mood Disorders Society of Canada (<https://mdsc.ca/>)
* Schizophrenia Society of Canada (<http://www.schizophrenia.ca>)
* Anxiety Disorders Association of Canada (<http://www.anxietycanada.ca>)
* Teen Mental Health (<http://www.teenmentalhealth.org>)

Module 6

How to make stress your friend: <https://youtu.be/RcGyVTAoXEU>

Box breathing: <https://www.gearpatrol.com/fitness/health-wellness/a325714/box-breathing-navy-seals/>