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item	quantity
Brochures	
Alcohol & other drugs reality check folded card	
Depression in older adults: You are not alone!	
Grieving	
Medications for mental illnesses	
Myths of mental illness	
Prevention of suicide in older adults	
Psychotherapy	
Youth and Alcohol	
Info Sheets	
About mental health	
Anxiety disorders	
Asking for help	
Bullying (for youth)	
Coping with stress	
Depression	
Depression during pregnancy	
Depression, anxiety, alcohol and other drugs	
Helping a friend you're worried about	

item	quantity
Info Sheets	
Learn about alcohol	
Learn about anxiety disorder	
Learn about body image and self-esteem	
Learn about depression	
Learn about mental illness In children & youth	
Learn about opioids	
Learn about panic disorder	
Learn about social anxiety disorder	
Learn about suicide	
Obsessive Compulsive Disorder	
Tips for a safe night out	
Tips for dealing with depression diagnosis	
Tips for getting help for mental illness	
Tips for improving mental health	
Tips for preventing depression relapse	
Tips for supporting a friend or family member	
Wellness Module: Finding balance	
Wellness Module: Mindfulness	
Wellness Module: Staying mental healthy with technology	
Working with your doctor for depression	
Youth and alcohol	
Info Sheets - Farsi	
About mental health	
Asking for help	
Info Sheets - French	
About mental health	
Asking for help	
Info Sheets - Gujarati	
Depression	
Info Sheets - Hindi	
About mental health	
Asking for help	
Info Sheets - Japanese	
Anxiety disorders	
Depression	

item	quantity
Info Sheets - Korean	
Coping with stress	
Feeling sad	
Info Sheets - Punjabi	
About mental health	
Asking for help	
Depression	
Sheets - Tagalog	
About mental health	
Asking for help	
Info Sheets - Traditional Chinese	
About mental health	
Asking for help	
Seniors mental health	
Info Sheets - Simplified Chinese	
Coping with stress	
Seniors mental health	
Info Sheets - Urdu	
About mental health	
Asking for help	
Visions Journal	
Visions: Systemic Racism Vol. 16 No.3 (2020)	
Visions: Covid-19 Vol.16 No.2 (2020)	
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Visions: Opioids Vol. 13. No. 3 (2018)	
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Visions: Recovery: Stigma and inclusion Vol. 13 No. 1 (2017)	
Visions: Families & Crisis Vol. 12 No. 4 (2017)	
Visions: Supported Housing Vol. 12 No.3 (2017)	

item	quantity
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Visions: Youth Transition vol. 11 No. 2 (2015)	
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Visions: Housing: discrimination & inclusion Vol. 10 No. 3 (2015)	
Visions: Mind Body Connection Vol 10 No. 2 (2014)	
Visions: Find the right help Vol.10 No.1 (2014)	
Visions: Culture Vol. 9 No. 4 (2014)	
Visions: Workplace Vol. 9 No. 3 (2014)	
Visions: Young people Vol. 9 No. 2 (2013)	
Visions: Recovery Vol. 9 No. 1 (2013)	
Visions: Families Vol. 8 No. 3 (2013)	
Visions: Housing Vol. 8 No. 1 (2013)	
Visions: Wellness Vol. 7 No. 4 (2013)	
Visions: Cognitive Behaviour Therapy Vol. 6 No. 1 (2009)	
Visions: Aboriginal People Vol. 5 No. 1 (2008)	
Other resources	
Blue Wave (DVD)	
Aboriginal journey in mental health (DVD)	

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