



Dr. Lillian Esses

Psychology Resources on the Internet

Manitoba website with comprehensive list of resources

<http://www.contactmb.org>

Alcohol Help Center

<http://www.alcoholhelpcenter.net>

Free, interactive program to help check drinking, provide tools and information to help deal with concerns and provide access to others dealing with drinking problems.

American Psychological Association of America

<http://www.apa.org>

Information on psychology and general tips for coping with some of life's day-to-day problems.

Anxiety Disorders Association of America

<http://www.adaa.org>

Describe the different types of anxiety disorders and provides detailed information about both medication and various forms of psychological treatment.

Anxiety Disorders Association of Canada

<http://www.anxietycanada.ca>

Organization devoted to helping people with anxiety disorders.

Anxiety Disorders Association of Manitoba

<http://www.adam.mb.ca>

Registered self-help charity committed to helping individuals who struggle with anxiety disorders.

Anxieties.com Self-help Website

<http://www.anxieties.com>

Provides free text-based self-help programs for a variety of anxiety disorders.

Avoiding Burnout – Stress Management

<http://www.mindtools.com/stress/Brn/IntroPage.htm>

Information that can help you avoid job burnout. It can also help you to recover from burnout where it has already occurred.

Canadian Mental Health Association Manitoba Division

<http://www.manitoba.cmha.ca>

Assists individuals and families in accessing information on a variety of services and support available in Manitoba.

Canadian Psychological Association

<http://www.cpa.ca>

Professional organization representing many psychologists in Canada. Provides information about several disorders.

Changeways Clinic

<http://www.changeways.com>

Provides information on psychological issues and includes a free, self-care depression program.

Compassion Fatigue Awareness Project

<http://www.compassionfatigue.org/>

Numerous resources for caregivers working in many professions. CFAP also offers original training materials, workbooks, and texts through our parent organization, Healthy Caregiving LLC.

Daily Strength

<http://www.dailystrength.org/>

Online supports groups for your health and wellness.

DAVDA Psychology

<http://www.davda.ca/Home.html>

Sleep website with questionnaire.

Depression Center

<http://www.depressioncenter.net>

Offers a free, online 16-session cognitive behavioural therapy course for depression.

Healthy Place

<http://www.healthyplace.com>

Consumer mental health site, providing comprehensive information on psychological disorders and medications.

Healthy Weight Center

<http://www.healthyweightcenter.net>

Free online programs helps to create a healthy weight program.

Higher Awareness

<http://www.higherawareness.com/>

Personal development plans for self awareness and manifesting.

Manitoba Health

<http://www.gov.mb.ca/health>

Full listing of Government of Manitoba health resources.

Mood Disorders Association of Manitoba

<http://www.depression.mb.ca>

Self-help organization helping individuals and families affected by mood disorders.

National Institute of Mental Health

<http://www.nimh.nih.gov>

Organization devoted to research focused on the understanding, treatment and prevention of mental disorders and the promotion of mental health.

Northern Light Technologies

<http://www.northernlighttechnologies.ca/home>

“Light Therapy” for those suffering from Seasonal Affective Disorder (SAD).

Panic Center

<http://www.paniccenter.net>

Free, interactive online cognitive behavioural therapy program to help people challenge and overcome their anxiety and panic.

Psych Central

<http://www.psychcentral.com>

Independent mental health social network created and run by mental health professionals.

Setting Personal Boundaries – Protecting Self

<http://www.shyness.com>

On this page codependency therapist/inner child healing pioneer/Spiritual teacher writes about the importance of, and process of, setting personal boundaries.

Shyness Institute

<http://www.shyness.com>

Private treatment center specializing in shyness.

Stop Smoking Center

<http://www.stopsmokingcenter.net>

Offers 10 free memberships per day (first come, first serve). Helps people create a quit-plan and provides tools for quitting.

Surviving Infidelity

<http://survivinginfidelity.com/>

Surviving Infidelity is your safe place to come and share your pain and feeling of isolation upon discovery of betrayal.

Toastmaster's International

<http://www.toastmasters.org>

Organization devoted to helping people improve their public speaking skills. Offers public speaking tips.

Uplift Technologies

<http://up-lift.com/>

“Light Therapy” for those suffering from Seasonal Affective Disorder (SAD).

WebMD

<http://www.webmd.com>

Consumer information section on medications.

You are not Crazy

<http://www.youarenotcrazy.com/>

Interactive tool designed with the hope that women involved with abusive men can recognize abuse for what it is: unacceptable, ever.