

problems of compliance with treatment. The book offers practical advice in a clear and accessible style.

Availability for loan:

CD 620 T88 1999 Health Information & Wellness Centre, both locations
616.8982 TSU Toronto Public Library System

COMMUNITY RESOURCES

The Schizophrenia Society of Ontario

130 Spadina Avenue, Ste. 302
Toronto, ON M5V 2L4
Tel: 416-449-6830 or 1-800-449-6367
Email: sso@schizophrenia.on.ca
<http://www.schizophrenia.on.ca>

R. Samuel McLaughlin Addiction & Mental Health Information Centre

219 Dufferin Street, Ste 3B
Toronto, ON M6K 3J1
Tel: 416-595-6111 OR 1-800-463-6273
Email: mclaughlininformation@camh.net

Mental Health Service Information Ontario

Provides information about mental health services and supports in Ontario
Tel: 1-866-531-2600

Trillium Health Centre Central Intake Mental Health Services

Tel: 416-521-4006
Child & Adolescent Mental Health
Tel: 905-451-4655

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
(905) 848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
(416) 521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

(905) 615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

(416) 393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

Schizophrenia



INTERNET SITES

Schizophrenia Society of Canada

<http://www.schizophrenia.ca>

A good starting place for information about this serious mental illness. Click on either 'Support & Education' or 'Resources & Links' in the left hand column at the homepage and you will find general information about the disorder, along with access to magazines, research publications, personal histories, and links to other relevant sites.

Schizophrenia Society of Ontario

<http://www.schizophrenia.on.ca>

This is the main advocacy group for the disease in Ontario. There is much helpful information here, including the 'Facts for Families' series of brochures which are available at the site. 'Ask an Expert' is a new confidential service, where you can email your question about living with schizophrenia and receive expert advice within a few days.

Canadian Mental Health Association, Ontario Branch

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

This is the Ontario site of the umbrella organization for mental health issues in Canada. Details can be found about the 33 branches throughout Ontario, which provide a variety of services to meet local needs. The site provides comprehensive information about mental illnesses including schizophrenia, plus references to local services and supports.

Centre for Addiction and Mental Health

<http://www.camh.net>

This Canadian site deals with all aspects of mental health and addiction and is a good starting place for research. CAMH provides

direct care to those with mental illness and addiction problems, in addition to being a research and training facility. Click on the link About Mental Health & Addictions in the left-hand column and you will find information on schizophrenia and the relevant treatment and supportive programs.

National Institute of Mental Health

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

This US site contains extensive research information about all types of mental illness. Click on 'Health & Outreach' on the top toolbar and you will find a list of subject headings including Schizophrenia. This will take you to good general information on the topic plus a 25 page publication which can be downloaded at the site.

BOOKS

The Complete Family Guide to Schizophrenia by Kim T. Mueser & Susan Gingerich. New York: Guildford Press, 2006

Families of those diagnosed with schizophrenia are often bewildered and unsure about how to best support and care for their loved one. This book provides comprehensive information about the disorder, and offers pragmatic suggestions for dealing with psychosis, depression and other problems. Individual chapters highlight special issues for parents, children, siblings, and partners.

Availability for loan:

CD 626 M83 2006 Health Information & Wellness Centre, both locations
616.898 MUE Mississauga Library System

If Your Adolescent Has Schizophrenia by Raquel E. Gur and Ann Braden Johnson. New York: Oxford University Press, 2006

This is an informative guide, written specifically to help parents and other adults spot the warning signs and seek treatment for young people with schizophrenia. It provides a clear definition of the disorder, explains the most up to date treatments, and offers advice on how to handle the challenges of everyday life once a diagnosis is made.

Availability for loan:

CD 626.6 G87 2006 Health Information & Wellness Centre, both locations
618.92898 GUR Mississauga Library System
618.92898 GUR Toronto Public Library System

Surviving Schizophrenia, 4th ed. by E. Fuller Torrey. New York: HarperCollins, 2001

This book was first published over twenty years ago and has since become a standard reference book on the disease, helping thousands of people to better deal with the condition. The author discusses the many issues of living with schizophrenia for both patient and family, and includes the latest research findings. This fourth edition has been fully revised and updated.

Availability for loan:

CD 620 T67 2001 Health Information & Wellness Centre, both locations
616.8982 TOR Mississauga Library System
616.8982 TOR Toronto Public Library System

Schizophrenia: the Facts, 2nd ed. by Ming T. Tsuang and Stephen V. Faraone. Oxford, Eng: Oxford University Press, 1999

The authors, both experienced psychiatrists, provide a concise account of the underlying causes and symptoms of schizophrenia, one of the most traumatic psychiatric conditions. In addition they examine all the current treatment options, together with likely side effects and the