

## 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](mailto:sso@schizophrenia.on.ca)  
<http://www.schizophrenia.on.ca>

**Centre for Addiction and Mental Health  
Central Access Phone Line**  
(for all services)  
Tel: 416-595-6111 OR 1-800-463-6273

**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: [CAMH\\_MIC@camh.net](mailto:CAMH_MIC@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](mailto: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>

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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 'Resources & Links' in the left hand column at the homepage and you will find access to books, magazines, videos, research publications, personal histories, and links to other relevant sites.

### Schizophrenia Society of Ontario

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

This is the main advocacy group for the disease in Ontario. There is much helpful information here, both about the disease and resources for coping with it. Click on 'About Schizophrenia' or 'Families and Consumers' on the top toolbar to access this.

### 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://tinyurl.39ec6v>

This US site contains extensive research information about all types of mental illness. It includes good general information on schizophrenia 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: Guilford 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*, 5<sup>th</sup> ed. by E. Fuller Torrey. New York: HarperCollins, 2006

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 fifth edition has been fully revised and updated.

#### Availability for loan:

CD 620 T67 2006 Health Information & Wellness Centre, both locations  
616.8982 TOR Mississauga Library System  
616.8982 TOR Toronto Public Library System

### *Promoting Recovery from First Episode*

*Psychosis: a Guide for Families* by Sabrina Baker & Lisa Martens. Toronto: Centre for Addiction and Mental Health, 2010

This useful guide helps families dealing with a relative who is experiencing psychosis. It covers treatment, crisis intervention, and tips for working with mental health professionals. The second part focuses on the family's journey to recovery, and describes self-care strategies and specialized services.

#### Availability for loan:

CD 600 B25 2010 Health Information & Wellness