



Mental Health Resources Available to Caregivers

Autism Ontario and AIDE Material

TITLE	DESCRIPTION	TYPE OF RESOURCE	LOCATION (LINK TO RESOURCE)
MENTAL HEALTH AND SENSORY CHALLENGES FOR TEENS	AIDE Canada	Toolkit	aidecanada.ca/learn/mental-health/mental-health-and-sensory-challenges-for-teens
TREATING MENTAL HEALTH CONDITIONS IN AUTISTIC INDIVIDUALS: A TOOLKIT FOR UNDERSTANDING APPROACHES TO MENTAL HEALTH CARE	AIDE Canada	Toolkit	aidecanada.ca/learn/mental-health/treating-mental-health-conditions-in-autistic-individuals-a-toolkit-for-understanding-approaches-to-mental-health-care
MENTAL HEALTH PROBLEMS IN YOUTH WITH SEVERE INTELLECTUAL DISABILITY	AIDE Canada	Research Summary	aidecanada.ca/learn/asd-id-core-knowledge/mental-health-problems-in-youth-with-severe-intellectual-disability
CO-OCCURRING MENTAL HEALTH CONDITIONS AND ASD	AIDE Canada	Video	aidecanada.ca/learn/mental-health/co-occurring-mental-health-conditions-and-asd
PARENT EMPOWERMENT AND ACCEPTANCE AFFECT PARENT MENTAL HEALTH	AIDE Canada	Research Summary	aidecanada.ca/learn/asd-id-core-knowledge/parent-empowerment-and-acceptance-affect-parent-mental-health
INSAR 2022: MENTAL HEALTH CONDITIONS AND AUTISM AMONG FEMALES: EMERGING EVIDENCE ABOUT COMORBID DIAGNOSIS	AIDE Canada	Toolkit	aidecanada.ca/learn/asd-id-core-knowledge/insar-2022-mental-health-conditions-and-autism-among-females-emerging-evidence-about-comorbid-diagnosis
SEEING INTO THE FUTURE – PARENT’S MENTAL HEALTH AND EXPECTATIONS FOR THEIR CHILD WITH AUTISM	AIDE Canada	Research Summary	aidecanada.ca/learn/asd-id-core-knowledge/seeing-into-the-future---parent-s-mental-health-and-expectations-for-their-child-with-autism
PROMOTING BETTER MENTAL HEALTH: ANIMATED VIDEO	AIDE Canada	Video	aidecanada.ca/learn/mental-health/promoting-better-mental-health-animated-video
THE SIBLING COLLABORATIVE: A GUIDE ON MENTAL HEALTH FOR ADULTS WHO HAVE SIBLINGS WITH DISABILITIES	AIDE Canada	Toolkit	aidecanada.ca/learn/family-support/the-sibling-collaborative-a-guide-on-mental-health-for-adults-who-have-siblings-with-disabilities

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CARE EXPERIENCES OF ADULTS WITH A DUAL DIAGNOSIS OF DEVELOPMENTAL DISABILITY AND MENTAL HEALTH CONDITIONS	AIDE Canada	Research Summary	aidecanada.ca/learn/communication/care-experiences-of-adults-with-a-dual-diagnosis-of-developmental-disability-and-mental-health-issues
BECOMING MORE TRAUMA INFORMED IN THE AUTISM COMMUNITY	AIDE Canada	Overview	aidecanada.ca/learn/asd-id-core-knowledge/trauma-collection
ADDRESSING GAPS IN THE HEALTH CARE SERVICES USED BY ADULTS WITH DEVELOPMENTAL DISABILITIES IN ONTARIO	AIDE Canada	Research Summary	aidecanada.ca/learn/health/addressing-gaps-in-the-health-care-services-used-by-adults-with-developmental-disabilities-in-ontario
THE SERVICE NEEDS OF WOMEN WITH AUTISM	AIDE Canada	Research Summary	aidecanada.ca/learn/education/the-service-needs-of-women-with-autism
DIFFICULTIES TRANSITIONING FROM PAEDIATRIC TO ADULT CARE: THE VOICES OF YOUTH WITH AUTISM AND THEIR CAREGIVERS	AIDE Canada	Research Summary	aidecanada.ca/learn/health/difficulties-transitioning-from-pediatric-to-adult-care-the-voices-of-youth-with-autism-and-their-caregivers
IMPROVING COMMUNICATION BETWEEN PERSONS WITH INTELLECTUAL AND/OR DEVELOPMENTAL DISABILITIES AND PRIMARY CARE PHYSICIANS: THE MY HEALTH VISIT AND ABOUT MY HEALTH TOOLS	AIDE Canada	Toolkit	aidecanada.ca/learn/health/improving-communication-between-persons-with-intellectual-and-or-developmental-disabilities-and-primary-care-physicians-the-my-health-visit-and-about-my-health-tools
AUTISM AWARENESS TRAINING FOR EARLY CHILDHOOD EDUCATORS: SUPPORTING CHILDREN IN A DAY PROGRAM	AIDE Canada	Course	aidecanada.ca/learn/asd-id-core-knowledge/autism-awareness-training-for-early-childhood-educators-supporting-children-in-a-day-program
INTELLECTUAL AND DEVELOPMENTAL DISABILITY HEALTH CHECK TOOL – A RESOURCE FOR DOCTORS TO SUPPORT PATIENTS WITH IDD	AIDE Canada	Toolkit	aidecanada.ca/learn/health/intellectual-and-developmental-disability-health-check-tool--a-resource-for-doctors-to-support-patients-with-idd
PROMOTING DECISION-MAKING CAPABILITIES IN HEALTHCARE – A TOOL FOR CLINICIANS	AIDE Canada	Toolkit	aidecanada.ca/learn/health/promoting-decision-making-capabilities-in-health-care---a-tool-for-clinicians
PRIVACY LAWS + YOUR PERSONAL HEALTH INFORMATION	AIDE Canada	Toolkit	aidecanada.ca/learn/education/privacy-laws-your-personal-health-information

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LET'S TALK: TEEN MENTAL HEALTH	Autism Ontario	Document	files.elfsightcdn.com/43cd4e5b-d7d4-4fe6-8e3c-9968aa47e130/fb7a36f5-2dcc-44ef-b769-4db7944b1a03/Teen-Mental-Health.pdf
SELF-REGULATION AND WELL-BEING WITH STUART SHANKER	Autism Ontario	Webinar	www.autismontario.com/node/470
EXPLORING THE SENSES	Autism Ontario	Webinar Series	www.autismontario.com/node/876
PROMOTING MENTAL HEALTH IN AUTISTIC PEOPLE: THE IMPORTANCE OF CONTEXT AND SUPPORT WITH JONATHAN WEISS	Autism Ontario	Webinar	www.autismontario.com/node/591
WELLNESS AND SELF-CARE	Autism Ontario	Webinar Series	www.autismontario.com/node/555
ADDRESSING BULLYING IN YOUTH WITH ASD	Autism Ontario	Webinar	www.autismontario.com/node/445
AN AUTISM INFORMED APPROACH TO MINDFULNESS	Autism Ontario	Webinar	www.autismontario.com/node/792
BUILDING POSITIVE FUTURES	Autism Ontario	Webinar	www.autismontario.com/node/462

Other Resources

TITLE	DESCRIPTION	TYPE OF RESOURCE	LOCATION (LINK TO RESOURCE)
A GUIDE FOR CONDUCTING RISK ASSESSMENTS FOR SUICIDE AND SELF-HARM FOR CHILDREN AND YOUTH INCLUDING THOSE WITH ASD	York Region Mental Health Collaborative & York ASD Partnership Crisis Intervention Suicide Prevention Committee 2017	Online Publication	www.yorkasdpartnership.org/wp-content/uploads/Best-Practice-Guidelines-for-Assessment-and-Management-of-Risk-to-Self-AODA.pdf
MENTAL HEALTH LITERACY GUIDE FOR AUTISM YOUTUBE CHANNEL	Autism Mental Health Literacy Project (AM-HeLP)	Animated Video Series	www.youtube.com/channel/UCJzxy-6v04fmpyv8I9MC7Xw
MENTAL HEALTH LITERACY GUIDE FOR AUTISM	Autism Mental Health Literacy Project (AM-HeLP)	Guide	www.yorku.ca/health/lab/ddmh/am-help
UNDERSTANDING AUTISM SPECTRUM DISORDERS: ADAPTATIONS TO MENTAL HEALTH SUPPORT AND SERVICES	York ASD Partnership	Training Module Registration	www.yorkasdpartnership.org/portfolio/understanding-autism-spectrum-disorders-adaptations-to-interventions-for-mental-health-support-and-services



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ASD SENSITIVITY AND SUICIDE PREVENTION TRAINING MODULES	York ASD Partnership	Training Modules – can be accessed using password “Prevention”	www.yorkasdpartnership.org/supports/asd-sensitivity-and-suicide-prevention-training-modules
AFFORDABLE THERAPY NETWORK	A Directory of Therapists Offering Low Cost And Sliding Scale Rates Across Canada	Therapy Directory	affordabletherapynetwork.com
MIND YOUR MIND	Organization	Services and Tools	mindyourmind.ca
YOU ARE A NATURAL SUPPORT	Social Impact Lab	Website	naturalsupportsimulation.com/resources
START HERE: A PARENT’S GUIDE TO HELPING CHILDREN AND TEENS THROUGH MENTAL HEALTH CHALLENGES BY PIER BRYDEN AND PETER SZATMARI		Book	www.amazon.ca/Start-Here-Parents-Children-Challenges/dp/1508257922
RAISING HUMAN BEINGS: CREATING A COLLABORATIVE PARTNERSHIP WITH YOUR CHILD BY ROSS GREENE		Book	www.amazon.ca/Raising-Human-Beings-Collaborative-Partnership/dp/1476723761/ref=sr_1_1?crd=3LSSE-Q67P8XY0&keywords=%E2%80%A2+Raising+Human+Beings%3A+Creating+a+Collaborative+Partnership+with+Your+Child+by+Ross+Greene&qid=1660827034&s=-books&prefix=raising+human+beings+creating+a+collaborative+partnership+with+your+child+by+ross+greene%2Cstripbooks%2C70&sr=1-1
SELF-REG: HOW TO HELP YOUR CHILD (AND YOU) BREAK THE STRESS CYCLE AND SUCCESSFULLY ENGAGE WITH LIFE BY STUART SHANKER		Book	www.amazon.ca/Self-Reg-Child-Stress-Successfully-Engage/dp/0670068292
SOCIAL-EMOTIONAL LEARNING SUPPORTS MENTAL HEALTH THROUGH LIFE	School Mental Health Ontario	Online Publication	smho-smso.ca/wp-content/uploads/2020/07/EDMH-ParentActivities-FINAL-EN.pdf
THE ABCs OF MENTAL HEALTH	York Region District School Board	Online Publication	www2.yrdsb.ca/student-support/mental-health/abcs-mental-health



Upcoming Events/Webinars For Caregivers

TITLE	DESCRIPTION	TYPE OF RESOURCE	LOCATION (LINK TO RESOURCE)	DATE
AN OVERVIEW OF INTERVENTION PROGRAMS FOR YOUNG CHILDREN WITH ASD WITH TRACIE LINDBLAD	Autism Ontario	Webinar	www.autismontario.com/civicrm/event/info?reset=1&id=7465	Sept. 21, 2022

For future webinars and events visit www.autismontario.com/events