We have compiled online resource lists for patients who speak languages other than English. This topic includes the following languages:

- Amharic
- Arabic
- Bengali
- Chinese
- Farsi
- French
- Hindi
- Inuktitut
- Korean
- Polish
- Punjabi
- Somali
- Spanish
- Tagalog
- Urdu
- Vietnamese

To see other available resource lists, or to request other topics or languages, please contact us: [https://libguides.lib.umanitoba.ca/wrha](https://libguides.lib.umanitoba.ca/wrha)

Available in alternate format on request
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxIL

These sites give information in Amharic on topics related to Mental Health.

- Addiction: http://bit.ly/2m8DxIL
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxIL

These sites give information in Arabic on topics related to Mental Health.

- **Addiction:**
  - http://bit.ly/2gWe4Yi
  - http://bit.ly/2gWePk3
- **Anxiety:**
- **Autism:** http://bit.ly/2gW895p
- **Bullying:** http://bit.ly/2g5Ppx
- **Dementia:** http://bit.ly/2qi1aEC
- **Depression:**
- **Grief:** http://bit.ly/2gW79y7
- **Mental health:**
- **Mental illness:**
  - http://bit.ly/2gWcw0y
- **Postpartum depression:** http://bit.ly/2gWeVrP
- **Stress:**
  - http://bit.ly/2gWi0s4
  - http://bit.ly/2g5ovt
- **Suicide:**
  - http://bit.ly/2gWeK9s
  - http://bit.ly/2gWe2jd
- **Trauma and children:** http://bit.ly/2gI9a81
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxlL

These sites give information in Bengali on topics related to Mental Health.

- Anxiety: http://bit.ly/2j0SeEg
- Depression: http://bit.ly/2jrxmJm
- Schizophrenia: http://bit.ly/2j0M4UL
- Suicide: http://bit.ly/2j0PUgx
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxIL

These sites give information in Chinese on topics related to Mental Health.

- Suicide: http://bit.ly/2iySJVk
- Tourette's: http://bit.ly/2j0Zf8n
There is a guide to mentally adjusting to life in Canada available here: [https://bit.ly/2m8DxIL](https://bit.ly/2m8DxIL)

These sites give information in Farsi on topics related to Mental Health.

These sites give information in French on topics related to Mental Health.

- OCD: [http://bit.ly/1dZq2gX](http://bit.ly/1dZq2gX)
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxIL

These sites give information in Hindi on topics related to Mental Health.

- Dementia: http://bit.ly/2j1fouh
- Depression: http://bit.ly/2jR1kDV
- Stress: http://bit.ly/2jR1k6T
Multilingual Resource Guide...

*Mental Health: Inuktitut*

These sites give information in Inuktitut on topics related to Mental Health.

There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxIL

These sites give information in Korean on topics related to Mental Health.

- Bullying: http://bit.ly/2jR2uiG
- Postpartum depression: http://bit.ly/2iz5uze
- Suicide: http://bit.ly/2iz9QGB
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxlL

These sites give information in Polish on topics related to Mental Health.

- Stress: http://bit.ly/2j1sU0w
- Suicide: http://bit.ly/2jXyc1B
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxlL

These sites give information in Punjabi on topics related to Mental Health.

- Dementia: https://bit.ly/2NeM4iF
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxIL

These sites give information in Somali on topics related to Mental Health.

- Bullying: http://bit.ly/2iEFndp
- Dementia: http://bit.ly/2jRmx0e
- Depression: http://bit.ly/2CmOM4g
- Suicide: http://bit.ly/2EU0hI
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxlL

These sites give information in Spanish on topics related to Mental Health.

- Anxiety: http://bit.ly/2jstKH0
- OCD: http://bit.ly/2j1AvMZ
- Postpartum depression: http://bit.ly/2jsmz1y
- Schizophrenia: http://bit.ly/2iENmXH
- Stress: http://bit.ly/2j1FQnN
- Suicide: http://bit.ly/2izAYVB
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxIL

These sites give information in Tagalog on topics related to Mental Health.

- Bullying: http://bit.ly/2izucPT
- Stress: http://bit.ly/2iEK5l0
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxlL

These sites give information in Urdu on topics related to Mental Health.

- Dementia: https://bit.ly/2NeM4iF
- Depression: http://bit.ly/2j1zJ2v
- Grief: http://bit.ly/2iEKgTM
- Postpartum depression: http://bit.ly/2jRu13k
- Stress: http://bit.ly/2jRC0gM
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxIL

These sites give information in Vietnamese on topics related to Mental Health.

- Dementia: http://bit.ly/2iEMoe0
- Postpartum depression: http://bit.ly/2GJrm7u