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.

- Stress: https://bit.ly/2psakr4
Multilingual Resource Guide...  
**Mental Health: Arabic**

There is a guide to mentally adjusting to life in Canada available here:  
https://bit.ly/2m8DxlL  

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

- Anxiety:
- Bullying: http://bit.ly/2gi5Ppx
- Depression:
- Mental health:
- Mental illness:
  - http://bit.ly/2gWcw0y
- Postpartum depression: http://bit.ly/2gWeVrP
- Stress:
  - http://bit.ly/2gWi0s4
- 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 (video): http://bit.ly/2j0SeEg
- CBT: https://bit.ly/2n0rif9
- Depression: https://bit.ly/2nLCLjn
- Physical illness and mental health: https://bit.ly/2nUNiZq
- 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.

- Antidepressant Skills Workbook: https://psychhealthandsafety.org/asw
- 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/2m8DxlL](https://bit.ly/2m8DxlL)

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

- Depression: [https://bit.ly/2nWeV4m](https://bit.ly/2nWeV4m)
Multilingual Resource Guide...
*Mental Health: French*

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

- Antidepressant Skills Workbook: [https://psychhealthandsafety.org/asw](https://psychhealthandsafety.org/asw)
- OCD: [http://bit.ly/1dZq2gX](http://bit.ly/1dZq2gX)
- Other materials available from CAMH: [http://www.camh.ca/fr](http://www.camh.ca/fr)
There is a guide to mentally adjusting to life in Canada available here: [https://bit.ly/2m8DxlL](https://bit.ly/2m8DxlL)

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

- Depression: [https://bit.ly/2HsD0He](https://bit.ly/2HsD0He)
These sites give information in Inuktitut on topics related to Mental Health.

- Bullying: http://bit.ly/2jQQgXi
- Suicide prevention: http://bit.ly/2jQToCB
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxlL

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
Multilingual Resource Guide...

*Mental Health: Polish*

There is a guide to mentally adjusting to life in Canada available here: [https://bit.ly/2m8DxlL](https://bit.ly/2m8DxlL)

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

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 Punjabi on topics related to Mental Health:

- Antidepressant Skills Workbook: [https://psychhealthandsafety.org/asw](https://psychhealthandsafety.org/asw)
Multilingual Resource Guide...

*Mental Health: Somali*

There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxlL

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

- Dementia: http://bit.ly/2jRmx0e
- Depression: http://bit.ly/2CmOM4g
- Suicide: http://bit.ly/2EU0hlr
Multilingual Resource Guide...

**Mental Health: Spanish**

There is a guide to mentally adjusting to life in Canada available here: [https://bit.ly/2m8DxlL](https://bit.ly/2m8DxlL)

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

- Bullying: http://bit.ly/2izucPT
- Stress: http://bit.ly/2iEK5I0
There is a guide to mentally adjusting to life in Canada available here: [https://bit.ly/2m8DxlL](https://bit.ly/2m8DxlL)

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

- Stress: [http://bit.ly/2jRC0gM](http://bit.ly/2jRC0gM)
There is a guide to mentally adjusting to life in Canada available here: [https://bit.ly/2m8DxlL](https://bit.ly/2m8DxlL)

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

- Dementia: [https://www.dementia.org.au/resources/vietnamese](https://www.dementia.org.au/resources/vietnamese)