Multilingual Resource Guide...

**Mental Health**

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
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.

- Anxiety:
- Bullying: http://bit.ly/2gi5Ppx
- Dementia: http://bit.ly/2gia1EC
- 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/2m8DxIL

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/2m8DxIL

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

- Anxiety and panic: https://bit.ly/2n3d4dF
- Depression: https://bit.ly/2nWeV4m
- Postpartum depression: https://bit.ly/2ozhdGE
These sites give information in French on topics related to Mental Health.

- Antidepressant Skills Workbook: https://psychhealthandsafety.org/asw
- Dementia: http://bit.ly/2CmUpzC
- Depression: http://bit.ly/2ot7EGa
- OCD: http://bit.ly/1dZq2gX
- Other materials available from CAMH: http://www.camh.ca/fr
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxlL

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

- Dementia: https://bit.ly/2HbJriF
- Depression: https://bit.ly/2HsD0He
- Stress: http://bit.ly/2jR1k6T
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/2m8DxlL

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

- Bullying: https://bit.ly/2YRSJ9s
- Suicide: http://bit.ly/2iz9QGB
There is a guide to mentally adjusting to life in Canada available here: https://bit.ly/2m8DxIL

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

- Dementia: https://www.dementia.org.au/resources/polish
- Depression: https://bit.ly/2F2KbDt
- Stress: http://bit.ly/2j1sUOw
- Suicide: http://bit.ly/2jXyc1B
Multilingual Resource Guide...

*Mental Health: Punjabi*

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 Punjabi on topics related to Mental Health.

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

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/2m8DxIL

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

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

- Dementia: https://www.dementia.org.au/resources/vietnamese
- Postpartum depression: http://bit.ly/2GJrm7u