

Mental Health Resources for Cystic Fibrosis In British Columbia May 23, 2018

1. All Ages

- Depression, Anxiety and Cystic Fibrosis – What the Guidelines Mean for You: <https://www.cff.org/Living-with-CF/Emotional-Wellness/Depression-Anxiety-and-Cystic-Fibrosis-What-the-Guidelines-Mean-for-You>
- AnxietyBC: <https://www.anxietybc.com/>
- North Shore Stress and Anxiety Clinic - This clinic has experienced clinicians for adults, in addition to 13 psychologists who see children and adolescents.
<http://www.nssac.ca/>
- Bounce Back® teaches effective skills to help individuals (aged 15+) overcome symptoms of mild to moderate depression or anxiety, and improve their mental health. Participants can learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive.
<https://cmha.bc.ca/programs-services/bounce-back>.
- CF News Today - A CF Patient Reveals Her Struggles With Depression and Anxiety
<https://cysticfibrosisnewstoday.com/2017/04/11/cfer-discusses-her-problems-with-depression-and-anxiety/>
- International Guidelines on Mental Health in CF - CF Canada's virtual education program for patients and caregivers
<http://www.cysticfibrosis.ca/about-cf/virtual-education-program-for-patients-and-caregivers/new-international-guidelines-on-mental-health-in-cf>
- Centres for Disease Control - Tips for better sleep.
https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html
- Canadian sleep society - Resources on sleep and improving sleep quality
<https://css-scs.ca/>
- Mindful Meditation App: <https://www.calm.com/>

2. Adult

- Crisis Line Association of BC: <http://www.crisislines.bc.ca/>
- Mindfulness-Based Cognitive Therapy: <http://mbct.com/>
- Empowering Patients: Why Your Emotional Health Matters - This resource is a playlist of 3 videos. These videos include book recommendations and could be a decent introduction to developing greater emotional health.
<https://divisionsbc.ca/Burnaby/emotionalhealth>
- The Centre for Mindfulness Studies - Based out of Toronto
<https://www.mindfulnessstudies.com/about/>
- Antidepressant Skills Workbook (ASW) - Available in French, English, Punjabi, Chinese, Vietnamese, and Farsi.
<http://www.comh.ca/antidepressant-skills/adult/>
- Self-Management BC - Provides knowledge, skills, and confidence to successfully manage chronic health conditions.
<http://www.selfmanagementbc.ca/>
- Omama - This website is a knowledge resource regarding pregnancy. This link specifically deals with postpartum depression and anxiety.
<http://www.omama.com/en/newborn/mental-health-supports.asp>

3. Youth and Children

- AnxietyBC Youth: <http://youth.anxietybc.com/>
- AnxietyBC MindShift - An app designed to help teens and young adults cope with anxiety.
<https://www.anxietybc.com/resources/mindshift-app>
- Dealing with Depression - Interactive online resource for youth dealing with depression and anxiety
<http://dwdonline.ca/>
- Teen Mental Health Shared Services BC - This website has comprehensive information describing the various types of mental health issues teens can experience; including anxiety and depression.
<http://teenmentalhealth.org/>

- Children and Youth with Mental Health - This website links to many resources to help children with mental health issues or who are in a mental health crisis; Including many resources for suicide prevention.
<http://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health>
- BoosterBuddy - A free app designed to help teens and young adults improve their mental health.
http://www.viha.ca/cyf_mental_health/BoosterBuddy.htm
- Kelty Mental Health Resource center - Parents may find this resource useful.
<http://keltymentalhealth.ca/youth-and-young-adults>
- Mindfulness for Teens: <http://mindfulnessforteens.com/>
- Fostering Resilience - Preparing children and teens to cope through challenges. This resource is also useful for parents.
http://www.fosteringresilience.com/index_parents.php
- Shared Care Partners for Patients: <http://www.sharedcarebc.ca/initiatives/cymhsu-collaborative>
- Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative - Collaborative toolbox. A 'one-stop-shop' of resources created and curated by members of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative.
<http://www.collaborativetoolbox.ca/>
- BC Children's Hospital Library: https://libraries.phsa.ca/fsrc/list?q=topic_facet%3AAnxiety&p=1
- The Psychology Foundation of Canada- This resource includes programs to support and teach coping skills for parents. These include developmental stages from birth to adulthood.
<https://psychologyfoundation.org/>
- Kids Help Phone is a Canadian charitable organization that provides free online and telephone counselling to children and youth across Canada 24/7.
<https://kidshelpphone.ca/> Tel: 1-800-668-6868.
- Research Article: Psychological interventions for needle-related procedural pain and distress in children and adolescents This article discusses strategies for reducing anxiety regarding needle-related medical pain in pediatric CF patients. <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD005179.pub3/pdf>

4. Counselling Directories

- BC Association of Clinical Counselors - This website has an effective platform that allows people to search for nearby counselors in BC. The search can be sorted to find counselors for particular genders, age groups, and needs.
<http://bc-counsellors.org/>
- British Columbia Psychological Association - This website has an effective platform that allows people to search for nearby psychologists in BC. The search can be sorted to find psychologists for particular genders, age groups, and needs. https://www.psychologists.bc.ca/find_psychologist_full
- BC Association of Social Workers (Private Practice) - This website has an effective platform that allows people to search for nearby registered social workers in private therapy practice in BC. The search can be sorted to find social workers for particular genders, regions, expertise, and needs.
<http://www.findasocialworker.ca/BC/en/default.asp>

5. Mental Health Guidelines, Plenaries, and Research

- The TIDES Study. <http://thorax.bmj.com/content/69/12/1090.long>
- International Committee on Mental Health in Cystic Fibrosis: Cystic Fibrosis Foundation and European Cystic Fibrosis Society consensus statements for screening and treating depression and anxiety - This is a literature review of anxiety and depression in CF patients. Anxious and depressed CF patients are shown to have poorer health outcomes. Recommendations are made on pharmacological and psychological interventions that should be implemented when annual screening shows elevated levels of anxiety and depression.
<http://thorax.bmj.com/content/early/2015/10/09/thoraxjnl-2015-207488>
- Implementing ICMH-CF (International Committee on Mental Health in CF) guidance on screening for depression and anxiety symptoms: A feasibility and pilot study - This article shows the benefit of doing regular PHQ-8 questionnaires and depression follow ups in CF, citing how higher anxiety is associated with miss appointments and lowered selfcare.
[http://www.cysticfibrosisjournal.com/article/S1569-1993\(16\)00038-2/abstract](http://www.cysticfibrosisjournal.com/article/S1569-1993(16)00038-2/abstract)
- “There is No Health Without Mental Health.” A Plenary at the North American CF Conference: <https://www.cff.org/CF-Community-Blog/Posts/2015/There-Is-No-Health-Without-Mental-Health/>
- BC Ministry of Health. BC Guidelines. Major Depressive Disorder in Adults: Diagnosis and Management - Information on major depressive disorder and different ways that it can be managed. <http://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/bc-guidelines/depression-in-adults>

6. Resources for CF Clinicians and Healthcare Professionals

(May also be of interest to patients and families)

- Depression, Anxiety and Cystic Fibrosis – Guide for CF Clinicians:
<https://www.cff.org/Care/Clinical-Care-Guidelines/Depression,-Anxiety-and-Cystic-Fibrosis-%E2%80%93-Guide-for-CF-Clinicians/>
- Counseling Children With Cystic Fibrosis: Recommendations for Practice and Counselor Self-Care <http://tpcjournal.nbcc.org/counseling-children-with-cystic-fibrosis-recommendations-for-practice-and-counselor-self-care/>
- Canadian Association of Cognitive Behavioural Therapies - Resource for CACBT training.
<http://www.cacbt.ca/en/cbt-training>
- The MBCT Facilitation Certificate is an internationally-recognized training for healthcare professionals to become mindfulness teachers. This is the only specialized program for MBCT facilitation in Canada. Mindfulness-Based Cognitive Therapy (MBCT) is an evidence-based group modality to treat acute anxiety and mood disorders that combines the tools of cognitive therapy with the practice of mindfulness meditation. It follows an 8-week, group therapy curriculum.
<http://www.mindfulnessstudies.com/pro-dev/mbct-cert/>