

# Wellness

## Website Recommendations

### ADHD & Learning Disabilities

- Learning Disability Association of Ontario: <https://www.ldao.ca/>
- Centre for ADHD Awareness, Canada: <https://caddac.ca/>

### Mental Health & Addictions

- Centre for Addiction and Mental Health (CAMH): <https://www.camh.ca>
- Canadian Mental Health Association – Halton: <https://halton.cmha.ca/>
- ADAPT: <https://haltonadapt.org/>
- Get Self Help: <https://www.getselfhelp.co.uk/>
- Wellness Together Canada: <https://wellnesstogether.ca/en-CA>
- Bounce Back Ontario: <https://bouncebackontario.ca/>
- Anxiety Canada: <https://www.anxietycanada.com/>
- Reach Out Centre for Kids: <https://rockonline.ca/>
- My Grief: <https://www.mygrief.ca/>
- Acclaim Health: <https://acclaimhealth.ca/programs/hospice-and-bereavement/bereavement-support/>
- Bereaved Families of Ontario: <https://bereavedfamilies.net/>
- Lighthouse for Grieving Children: <https://www.grievingchildrenlighthouse.org/index.php>
- SAVIS: Sexual Assault and Violence Intervention Services: <https://www.savisofhalton.org/>

### Mindfulness & Self Compassion

- Kristen Neff Self Compassion: <https://self-compassion.org/>
- Mindfulness: <https://www.mindful.org/>

- <https://www.mindfulnesscds.com/>

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## LGBTQ2+

- Rainbow Health: <https://www.rainbowhealthontario.ca/>
- Positive Space Network: <https://positivespacenetwork.ca/>