

# AIHA Internet Resources Digest

*Supporting Access to High Quality Online Resources*

March 2015



## Spotlight on: MENTAL HEALTH RESOURCES

**A**ccording to World Health Organization (WHO) mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others." WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community. The new field of global mental health is "the area of study, research and practice that places a priority on improving mental health and achieving equity in mental health for all people worldwide".

### International and National Organizations

#### Centre for Global Mental Health



The Centre for Global Mental Health (CGMH), launched on October 9th 2009, is a collaboration between the London School of Hygiene & Tropical Medicine (LSHTM) and King's Health Partners Academic Health Science Centre, including the Institute of Psychiatry, Psychology & Neuroscience (IoPPN), SLAM and KCL and NHS Trust partners. It aims to build on the existing collaborations and complementary strengths of these two institutions to foster research and training in policy, prevention, treatment and care. On the website, you can find out about the CGMH's projects and teaching and train-

ing programs, links to past and current CGMH news and events, and some useful CGMH resources, including publications, seminar recordings and monthly newsletters. You can join the Centre and sign-up for the monthly newsletters.

***http://  
www.centreforglobalmentalhealth.org/***

#### Africa Mental Health Foundation



AMHF has transformed itself from purely providing advocacy in its early stages to a viable research organization that

brings on board various stakeholders in mental health with various disciplines.

Community Mental Health is its core priority with a cross-sectional, multi-disciplinary and multi-stakeholder approach that seeks to identify and engage with all community stakeholders and all community physical and human resources who have contact with people with mental disorders. This involves both formal and informal sector administrators, opinion leaders and policy makers as well as the integration of different disciplines such as psychiatry, counselling, clinical psychology, nursing, human rights, health economics, anthropology, social science among many more.

On the web-site you can find information about projects, publications, news and events. [http://](http://www.africamentalhealthfoundation.org/index.html)

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### Kelty Mental Health Resource Centre



The Kelty Mental Health Resource Centre (Canada) is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across British Columbia. Resource library provide information in 6 languages. Free reference, training and medication information resources in different formats.

<http://keltymentalhealth.ca/treatment/medications>

### National Institute of Mental Health

The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research



paving the way for prevention, recovery, and cure. The web-site includes Educational Resources, Publications, Mental Health Medications guide. This guide describes: Types of medications used to treat mental disorders, Side effects of medications, Directions for taking medications, Warnings about medications from the U.S. Food and Drug Administration (FDA).

<http://www.nimh.nih.gov/health/publications/mental-health-medications/index.shtml>

### SAMHSA



The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

In the Publications section you can find and download free publications in different languages. SAMHSA has new resources to support individuals, communities, and responders in dealing with the Ebola outbreak. These resources include new Tip Sheets on coping with stress, talking to children about the Ebola epidemic, sheltering in place, social distancing, quarantine, and isolation.

<http://www.samhsa.gov/>

## WHO Mental Health



Information about projects, resources, publications, policies, news and research. The WHO Mental Health Gap Action Programme (mhGAP) aims at scaling up services for mental, neurological and substance use disorders for countries especially with low and middle income.

[http://www.who.int/mental\\_health/en/](http://www.who.int/mental_health/en/)

## Guidelines

### American Academy of Child & Adolescent Psychiatry Practice Parameters



AACAP Practice Parameters are clinical practice guidelines developed by the AACAP Committee on Quality Issues to encourage best practices in child mental health. Parameters older than five years (asterisked in the list below) may not reflect current knowledge and practice and as such should not be considered current until they are updated.

[http://www.aacap.org/aacap/Resources\\_for\\_Primary\\_Care/Practice\\_Parameters\\_and\\_Resource\\_Centers/Practice\\_Parameters.aspx](http://www.aacap.org/aacap/Resources_for_Primary_Care/Practice_Parameters_and_Resource_Centers/Practice_Parameters.aspx)

### American Psychiatric Association Practice Guidelines

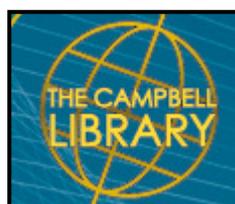


American Psychiatric Association (APA) practice guidelines provide evidence-based recommendations for the assessment and treatment of psychiatric disorders. APA began developing practice guidelines in 1991. Practice guidelines are defined as systematically developed documents in a standardized format that present patient care strategies to assist psychiatrists in clinical decision making.

<http://psychiatryonline.org/guidelines>

## Data Bases

### Campbell Collaboration Library



The Campbell Collaboration is an international research network that produces systematic reviews of the effects of social interventions in Crime & Justice, Education, International Development, and Social Welfare (including mental health).

<http://www.campbellcollaboration.org/lib/>

### National Registry of Evidence-based Programs & Practices



A searchable online registry of 340 mental health and substance abuse interventions that have been reviewed and rated by independent reviewers.

<http://www.nrepp.samhsa.gov/Index.aspx>

## Journals

### Evidence-Based Mental Health

*Evidence-Based Mental Health* aims to engage psychiatrists and psychologists, par-

particularly younger professionals, in the challenge of basing their practice on evidence.

Published by the Royal College of Psychiatrists, the British Psychological Society and BMJ the journal surveys a wide range of international medical journals, applying strict criteria for the quality and validity of research. Clinicians assess the relevance of the best studies and the key details of these essential articles are presented in a succinct, informative expert commentary on their clinical application.

**Evidence-Based Mental Health** also publishes Editorials, Perspectives, Reviews and Original Content. Selected open access articles from this and other BMJ journals on mental health issues. Access to full-text through HINARI.

<http://ebmh.bmj.com/>

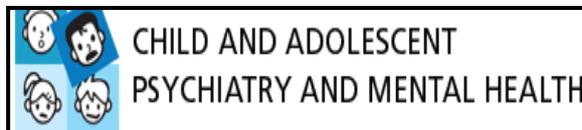
### International Journal of Mental Health Systems



*International Journal of Mental Health Systems (IJMHS)* is an open access, online journal that publishes the latest mental health research and health systems research, reviews, case studies and guidelines, policy, debates, technical and methodological advances, and lessons from the field that will advance and shape the emerging discipline of global mental health.

<http://www.ijmhs.com/>

### Child and Adolescent Psychiatry and



### Mental Health

*Child and Adolescent Psychiatry and Mental Health* is an open access, online journal that provides an international platform for rapid and comprehensive scientific communication on child and adolescent mental health across different cultural backgrounds.

The journal is aimed at clinicians and researchers focused on improving the knowledge base for the diagnosis, prognosis and treatment of mental health conditions in children and adolescents. In addition, aspects which are still underrepresented in the traditional journals such as neurobiology and neuropsychology of psychiatric disorders in childhood and adolescence are considered as well. CAPMH aims to help integrate basic science, clinical research and practical implementation of research findings.

<http://www.capmh.com/>

### BMC Psychiatry



*BMC Psychiatry* is an open access, peer-reviewed journal that considers articles on all aspects of the prevention, diagnosis and management of psychiatric disorders, as well as related molecular genetics, pathophysiology, and epidemiology. <http://www.biomedcentral.com/bmcpsychiatry>

## International Journal of Mental Health Promotion

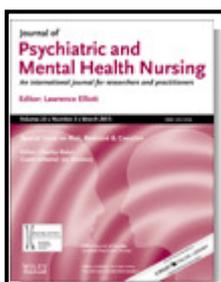


**IJMHP** co-ordinates the dissemination of new research outcomes to all those involved in policy making and the implementation of mental health promotion and mental disorder prevention policies. This makes it useful to clinical/medical staff, health services researchers, managers, health promoters, educationalists, sociologists, health economists and practitioners from all branches of health and social care.

Selected open access articles. Access to full-text through HINARI.

<http://www.tandfonline.com/loi/rijm20#.VRFJc010zIV>

## The Journal of Psychiatric and Mental Health Nursing



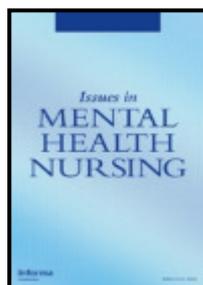
The *Journal of Psychiatric and Mental Health Nursing* is an international journal which publishes research and scholarly papers that advance the development of policy and practice in psychiatric and mental health nursing.

The journal aims to facilitate the translation of research into psychiatric and mental health nursing practice, to give space to practitioner and consumer perspectives, and to ensure research published in the journal can be understood by a wide

audience. Access to full-text through HINARI. Selected free and open access articles. Free February 2015 issue.

[http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1365-2850/issues](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1365-2850/issues)

## Issues in Mental Health Nursing



*Issues in Mental Health Nursing* is a refereed journal designed to expand psychiatric and mental health nursing knowledge. It deals with new, innovative approaches to client care, in-depth analysis of current issues, and empirical research.

Because clinical research is the primary vehicle for the development of nursing science, the journal presents data-based articles on nursing care provision to clients of all ages in a variety of community and institutional settings. Additionally, the journal publishes theoretical papers and manuscripts addressing mental health promotion, public policy concerns, and educational preparation of mental health nurses. International contributions are welcomed. Access to full-text through HINARI.

<http://informahealthcare.com/journal/mhn>

## About the AIHA Internet Resources Digest

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If you have a suggestion for a Digest topic, or would like to contribute information about Internet resources, please contact [ibra\[at\]zadar.net](mailto:ibra[at]zadar.net).

Back issues of the *Internet Resources Digest* for 2011-2015 are archived at [www.healthconnectintl.org/resources.html](http://www.healthconnectintl.org/resources.html).

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