

Youth and Caregiver Perspectives of Mental Health and Navigating Support Resource List

February 2023

Autism Ontario Webinars and Resources

- [Let's Talk: Teen Mental Health](#)

Video Links

- [Jonathan's Story: My Journey in the Healthcare System](#)
- [Sheldon's Story: Feeling Unhinged](#)
- [Youth Digital Stories Project: The Brain Institute](#)

Research Links

- [Health Concerns and Health Service Utilization in a Population Cohort of Young Adults with Autism Spectrum Disorder](#)
- ["I wouldn't know where to start": Perspectives from clinicians, agency leaders, and autistic adults on improving community mental health services for autistic adults](#)
- [MentalHealth.gov](#)
- [Trajectories of participation, mental health, and mental health problems in adolescents with self-reported neurodevelopmental disorders](#)

Partner Organizations

- [Centre for Addiction and Mental Health \(CAMH\)](#)
- [CHILD-BRIGHT Network, Under Canada's Strategies for Patient-Oriented Research \(SPOR\) initiative](#)
- [Holland Bloorview Kids Rehabilitation Hospital](#)
- [Ontario Brain Institute](#)
- [Province of Ontario Neurodevelopmental Network \(POND\)](#)

Other Online Resources

- [AIDE Canada Toolkit: Treating Mental Health Conditions in Autistic Individuals](#)
- [Mental Health Literacy Guide for Autism YouTube Channel](#)

If you have any additional questions or are seeking further information about the content of this presentation, please contact webinars@autismontario.com.