The goal of this tool is to help you find online sources of information that you can rely on to support your mental health and manage mental health problems, should you need to. This is different from when you may be looking for inspiration, entertainment or social connection/people who share your interests. There are additional ways to get reliable information, too, like connecting with people, resources and services in your school and community.

Proceed
with caution
or consider
another
source. This
might not
be the best
place to look
for mental
health
information.



Ol What?

Does the content...

- reflect up-to-date evidence rather than personal experiences alone? Are the messages shared supported by other sources?
- avoid offering quick fixes or simple solutions to complex issues?
- · acknowledge individual differences in mental health needs and experiences?
- clearly state that its content is not a substitute for professional advice and encourage users to seek professional support, when/if appropriate?



Continue to Q2

Q2 Who?

Does the creator...

have any training, education, or traditional/cultural knowledge that would position them to offer mental health information? Are they linked with a known mental health group or organization? A passion for mental health isn't a substitute for this.



Continue to Q3

No

Q3 Is it for me?

Is the source...

- respectful of me and my identity; accessible, given my language, culture and community?
- respectful of people experiencing mental illness (e.g., it doesn't contribute to stigma by dramatizing mental health issues for views)?
- focused on helping meet my needs rather than its own (e.g., by selling me something or collecting my personal information)?
- engaging, relatable, easy to understand, sensitive (e.g., not graphic or upsetting) or anything else that is important to me?

If yes to all questions: this

Yes

seems like a reliable source.

No

If no: this seems like a deal breaker. Consider another source.

If yes here but no to a previous question or questions: proceed with caution or consider another source.

Yes

Remember: your mental health journey is unique and there are a variety of supports you can draw on!

