



# **mindyourmind Navigation Recommendation**

# Post-Test Recommendations

What follows is an updated recommended navigation structure that takes into consideration the findings from the tree test. Notes are in the comments.

## Primary Navigation

### Getting Help

- Crisis Support
- Where Do I Start?
  - I Need Someone to Talk To
  - I Don't Know What's Wrong
- Accessing Support
  - Where to Call/Directory
  - What Your Doctor Can Do
  - What a Counsellor Can Do
  - What a Therapist Can Do
  - Getting Ready for Your Appointment
- Supporting a Friend/Family Member
  - How You Can Help
  - Understanding What's Wrong
  - Self-Care While Helping a Friend
- Wellness & Care
  - Self-Care
  - Skill Building
  - Positivity
  - Transitions

### Learn About Mental Health

- Anxiety & Mood Disorders
  - Bipolar Disorder
  - Depression
  - Postpartum Depression
  - Seasonal Affective Disorder
  - Generalized Anxiety Disorder
  - Obsessive Compulsive Disorder
  - Panic Disorder
  - Phobias
  - Social Anxiety



- ~~Anxiety Disorders~~
  - ~~Generalized Anxiety Disorder~~
  - ~~Obsessive Compulsive Disorder~~
  - ~~Panic Disorder~~
  - ~~Phobias~~
  - ~~Social Anxiety~~
- Personality Disorders
- Eating Disorders
  - Anorexia
  - Bulimia
- Schizophrenia
- Psychosis
- Related Concerns
  - Grief
  - Substance Use
  - Self-Harm
  - Suicide
- ~~Wellness & Care~~
  - ~~Self-Care~~
  - ~~Skill Building~~
  - ~~Positivity~~
  - ~~Transitions~~

## News and Blogs, ~~and Self Expression~~

- mindBytes Newsletter
- Interviews
- Artwork
- Stories
- Blog
- Poetry
- Videos
- Podcasts
- PSAs
- Testimonials

## Games & Tools

- Stress & Wellness
  - The Wellness Deck (English and French)
  - Zen Garden
  - Stress Me Less
  - mood. by mindyourmind



- Quote Bloom (English, French, Punjabi and Spanish)
- AtoZ Wellness
- AtoZ StressMonSTRESSity
- Make a Wish
- What?
- Boost Me
- Squish 'Em ← Game
- Mental Health 101
  - Navigators 2.0
  - Border Town (English, French and Arabic)
  - MIND Game (English, French and Punjabi)
  - AtoZ Substance Use
  - Reach Out Notebook
  - Reach Out 8-Bit
  - Anatomy of a Panic Attack
- Self Care & Coping
  - Mindfulness Zine
  - Emotion Zine
  - How to Survive When Life Hands You Lemons Zine
  - Piecing it Together (English and French)
  - Squish 'Em Anxiety Busters (English and French) ← Print
  - Elements (English, French and Tlicho)
  - Self Care Kit (English and French)
  - Nuna (Inuktitut, English and French)
  - Standing Tall
  - How's it Growing? (English, French and Arabic)
  - Anchor (English, French and Arabic)
  - Thrive: One Province at a Time (English, French and Hindi)
  - My ..... Jornal
- Safety Planning
  - Galaxy (English and French)
  - Alice: Getting Unstuck (English and French)
  - Alice: Getting Unstuck (English and French)
  - Be Safe App by mindyourmind
  - Galaxy (English and French)
  - Getting High? (English and French)
  - Tree of Life (English and French)
  - Getting Help
- Personal Growth
  - Growth, Grow Your Own Story (English, French and Punjabi)
  - Welcome to Canada (English....)



- Destination Life (English, French and Spanish)
- MIND eLearning (English and French)
- On to the Next eLearning
- Service Transition Plan
- Bringing Home the Bacon
- Aerin the Ally
- Queer as Soup
- Posters & Infographics
  - Cannabis Infographics

- 10 Tips to Start Self Expression (English and French)
- Balancing Screen Time with Self Care (English and French)
- Self Care During COVID-10 Tips (English and French)
- Welcome to Canada Poster Series (English, French and Arabic)
- mood. by mindyourmind Poster (English, French, Arabic, Mandarin and Spanish)
- When You Click Agree
- Coping with University Tips from University Students
- Self Care Tips (English, French, Arabic, Punjabi and Spanish)
- Tips and Techniques - Western University Kinesiology
- Moving for Your Mind - Western University Kinesiology
- Be Safe Poster (English, French and Arabic)
- Top 10 Tips for Sharing Your Story (English & French)
- Top 6 Tips for a Healthy Relationship (English and French)
- 1 in 5
- What Inspires You?
- Ode to Trainspotting
- Youth 911
- I Will Listen (English and French)
- Shelter from the Storm
- Talking About Suicide (English, French, Arabic and Spanish)
- Apps
  - myToolKit.ca
  - BeSafeApp.ca
  - Be Safe App
  - Youthexperts.ca
  - Mood
  - mindBytes

## About

- What is mindyourmind?
- History
- Mission & Vision
- Team Members
- Partnerships
- Policies
- Awards & Recognition

## Design Labs

- What's a Design Lab?
- Upcoming Events
- Past Events
- PSAs
- Zines

## Apps

- ~~myToolKit.ca~~
- ~~BeSafeApp.ca~~
- ~~Be Safe App~~
- ~~Youthexperts.ca~~
- ~~Mood~~
- ~~mindBytes~~

## Contact Us

