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10/9/2015



#BackToSchool edition

#BACKTOSCHOOL: STUDENT MENTAL HEALTH

Back to school is a busy, transformative, and sometimes stressful time of year. We've created our newest webpage to help equip parents, teachers, and students to make the transition safe, smooth, and stress-free.

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CAMH BLOG: TRANSITION IMPOSSIBLE?

CAMH's National Youth Advisory Committee has some tips to help manage your stress levels during the back to school season, an exciting, potentially nerve-wracking period of change.

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CAMHTV: THE REAL DEAL ON WATERPIPE AND HOOKAH USE

Waterpipe and hookah use continues to increase among young people - it's now as common as cigarette smoking. Watch this video to learn more about the real deal on waterpipes.

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SOCIAL MEDIA AND MENTAL HEALTH: WHAT'S THE CONNECTION?

Is heavy social media use related to poor mental health in young people – or just another way of keeping connected to friends? A new analysis of a survey conducted by CAMH explores the important relationship between social media and mental health.

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CAMHTV: TRANSITIONING TO CAMPUS LIFE

CAMH Psychiatrist Dr. Andrea Levinson talks about mental health on campus and how students and parents can manage issues that may arise during what can be a very stressful time.

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SCHIZOPHRENIA

#AskDrGoldbloom

CAMHTV: ASK DR. GOLDBLOOM: SCHIZOPHRENIA

CAMH's Senior Medical Advisor Dr. David Goldbloom talks to us about the symptoms and treatment of schizophrenia, and where you can go to find help.

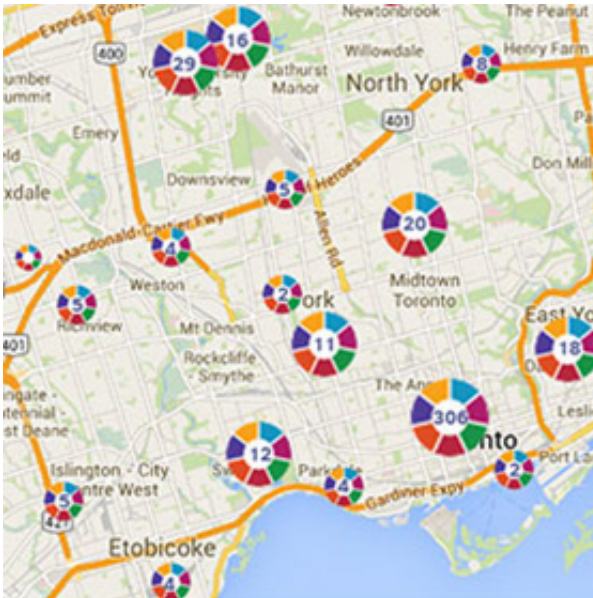
[View Video](#)

CAMH BLOG: ONE
STUDENT'S EXPERIENCE
WITH SPIRITUALITY AND

MENTAL HEALTH

For some, faith is a positive factor in coping with mental illness. Learn how one youth approaches spiritual care in this blog from CAMH's National Youth Advisory Committee (NYAC).

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THE THOUGHT SPOT APP

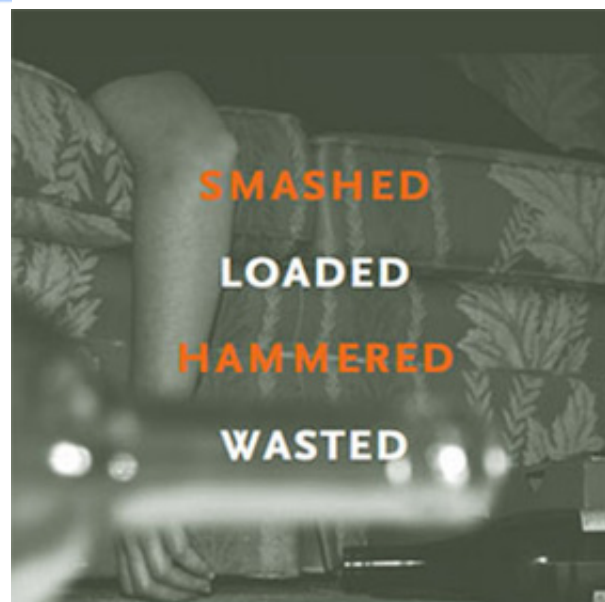
Developed by students for students, Thought Spot enables youth to easily identify health and wellness services in the Greater Toronto Area.

[Click here to access App](#)

CAMH: PARTYING AND GETTING DRUNK

It's no secret that campus life can involve more than just 'hitting the books'. CAMH explains the dangers associated with binge drinking and provides steps you can take to keep yourself safer if you plan to party and drink.

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