



UVic Student
Mental Health Initiative

Resources

Books

Letting Go, Sixth Edition: A Parents' Guide to Understanding the College Years, 2016, Coburn, K. L. & Treeger, M. L.

Don't Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years, 2011, Johnson, H. E. & Schellhas-Miller, C.

The Decade after high school: A Parent's Guide, 2009, Campbell, C., Ungar, M. & Dutton, P.
<http://ceric.ca/resource/the-decade-after-high-school-a-parents-guide/>

Web Resources

Excellent guide for parents & students – Starting the Conversation: College and your mental health

<http://nami.org/colleguide/download>

UVIC's Mental Health site - Information for Parents and Families

<https://www.uvic.ca/mentalhealth/parents/index.php>

SFU's resources for parents

<https://www.sfu.ca/students/health/resources/for-parents/parents-home.html>

Queen's University information for parents

<http://www.queensu.ca/studentwellness/counselling-services/information-parents-0>

168 Hour Week from University of Manitoba – an exercise in time management

http://umanitoba.ca/u1/media/pdf/168_hour_week.pdf