

# CS: Self-Directed Supports -Additional Specialized Resources

Version 1

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## Additional Specialized Resources

- [Trauma – CAMH](#)
- [Trauma – APA](#)
- [Coping Strategies - NEDIC \(National Eating Disorder Information Centre\)](#)
- [Body+:](#) Mental health app with daily exercises to help cope with negative thoughts about body and self - available on [Apple App Store](#) and [Google Play store](#)