

## Resources for Urology and Mental Health

Indication	Resource	Description	Cost
<b>Sexual Dysfunction</b>			
i. Self-directed	Anxietycanada.com	Information about anxiety in general and self-guided exercises	No
	CCI Health Cci.health.wa.gov.au/resrouces/looking-after-yourself/health-anxiety	Health anxiety e-modules	No
	Overcoming sexual performance anxiety i. <a href="https://www.medicalnewstoday.com/articles/320574.php">https://www.medicalnewstoday.com/articles/320574.php</a> ii. <a href="http://nationalsocialanxietycenter.com/social-anxiety/male-sexual-performance-anxiety">Nationalsocialanxietycenter.com/social-anxiety/male-sexual-performance-anxiety</a> iii. <a href="https://beckinstitute.org/detail/sexual-dysfunctions/">https://beckinstitute.org/detail/sexual-dysfunctions/</a> .	Sexual performance anxiety	No
	Calm Mobile application	Stress reduction	Optional
	1. <a href="https://medicine.umich.edu/sites/default/files/content/downloads/relaxation-skills-for-anxiety.pdf">https://medicine.umich.edu/sites/default/files/content/downloads/relaxation-skills-for-anxiety.pdf</a>	Stress reduction	No
ii. Therapist-directed	Mentherapytoronto.com	Groups, e-resources and individual support for men	Yes
	Mfttoronto.ca	Couples therapy	Yes/no
	Bestco.info	Sex therapy	Yes/no
	Cbtassociates.com	CBT	Yes
iii. Other	<a href="https://torontoerectiledysfunction.com/men-s-health-clinic-toronto.html">https://torontoerectiledysfunction.com/men-s-health-clinic-toronto.html</a>		
<b>Infertility</b>			
	The Man's Guide to Infertility- Jon and Laura Summers <a href="https://www.infertilityman.com/">https://www.infertilityman.com/</a>	Book Website	Yes
	<a href="https://resolve.org/learn/infertility-101/underlying-causes/male-factor/">https://resolve.org/learn/infertility-101/underlying-causes/male-factor/</a>	Website	
<b>Pain</b>			
	Pelvic Pain Podcast (Apple podcasts)	Podcast	No
	The Mindfulness Solution to Pain – Gardner-Nix	Book	Yes
	Male Pelvic Pain support group <a href="https://www.thepelvicpainclinic.co.uk/chronic-pelvic-pain-syndrome-and-chronic-prostatitis-support-groups/">https://www.thepelvicpainclinic.co.uk/chronic-pelvic-pain-syndrome-and-chronic-prostatitis-support-groups/</a>	Online support group	No
<b>Substance Use</b>			
	<a href="http://metaphi.ca">http://metaphi.ca</a>		
	<a href="https://www.metaphi.ca/raam-clinics">https://www.metaphi.ca/raam-clinics</a>	RAAM	No
<b>Psychiatry Referral</b>			
	<a href="https://www.mountsinai.on.ca/care/psych/patient-programs/general-psychiatry/General%20Psychiatry%20Assessment%20C%20195%20FILLABLE%20Apr28%202017.pdf">https://www.mountsinai.on.ca/care/psych/patient-programs/general-psychiatry/General Psychiatry Assessment C 195 FILLABLE Apr28 2017.pdf</a>		No
<b>Other Resources</b>			
	<a href="https://www.unifymenshealth.com/">https://www.unifymenshealth.com/</a> <a href="https://www.mensclinic.com/">https://www.mensclinic.com/</a> <a href="https://precisioncliniortonto.ca/">https://precisioncliniortonto.ca/</a>		