**External Credible Sources Overview Doc 1**

### **🔹 Canadian Mental Health Association (CMHA) Resources**

[**CMHA Building Better Boundaries – Facilitator Guide (2017)**](https://sk.cmha.ca/documents/building-better-boundaries/)

* A full guide on setting and evaluating personal boundaries. Covers emotional, mental, relational, and spiritual boundaries.
* *[Tags: Organization: CMHA; Theme: Boundaries; Format: Guide; Alignment: Trauma-Informed]*

[**Understanding Anger and Anger Management (CMHA)**](https://ontario.cmha.ca/documents/understanding-and-managing-anger/)

* Defines anger, explains its masking role, and offers strategies for immediate, short-term, and long-term regulation.
* *[Tags: Organization: CMHA; Theme: Anger, Emotional Regulation; Format: Article; Alignment: Trauma-Informed]*

[**Advancing Mental Health Promotion in Canada – CMHA National Report (2019)**](https://cmha.ca/wp-content/uploads/2020/03/Advancing_Mental_Health_Promotion_in_Canada_EN.pdf)

* Promotes proactive mental health strategies and stepped-care models.
* *[Tags: Organization: CMHA; Theme: Mental Health Promotion, Resilience; Format: Policy Report; Alignment: Public Health]*

### **🔹 Trauma-Informed Care Networks & Somatic Therapies**

[**SAMHSA’s Six Principles of Trauma-Informed Care (OpenText BC)**](https://opentextbc.ca/caregivers/chapter/samhsa-principles-of-trauma-informed-care/)

* Overview of safety, trust, empowerment, and cultural considerations.
* *[Tags: Organization: SAMHSA; Theme: Trauma-Informed Care; Format: Guide; Alignment: Foundational Principle]*

[**Trauma-Informed Care for Homeless Veterans (U.S. VA)**](https://www.va.gov/HOMELESS/nchav/docs/TIC-Guide.pdf)

* Describes emotional impacts of trauma, symptoms, and best practices.
* *[Tags: Organization: US VA; Theme: Trauma, Vulnerability, Emotional Triggers; Format: Fact Sheet; Alignment: Applied Practice]*

[**Trauma-Informed Therapy (StatPearls, 2024)**](https://www.ncbi.nlm.nih.gov/books/NBK559078/)

* Defines core trauma principles and stats (~70% trauma prevalence).
* *[Tags: Publisher: StatPearls; Theme: Trauma Therapy; Format: Review; Alignment: Clinical]*

[**Somatic Experiencing Review (University of Trier, 2021)**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7846311/)

* Systematic review on SE therapy for PTSD and affective symptoms.
* *[Tags: University: Trier; Theme: Somatic Therapy, PTSD; Format: Scoping Review; Alignment: Academic]*

### **🔹 University-Published Research on Emotions & Neurobiology**

[**Polyvagal Theory – Cleveland Clinic Journal of Medicine**](https://www.ccjm.org/content/early/2022/05/19/ccjm.87a.ccc051)

* Explores vagal pathways, social engagement, and emotional regulation.
* *[Tags: Organization: Cleveland Clinic; Theme: Polyvagal Theory, Emotional Regulation; Format: Journal Article; Alignment: Neuroscience]*

[**Anger and Emotion Regulation Strategies Meta‑Analysis (Sci Reports, 2025)**](https://www.nature.com/articles/s41598-025-00294-2)

* Links anger with avoidance and suppression; acceptance improves regulation.
* *[Tags: Publisher: Nature/Sci Reports; Theme: Anger, Emotion Regulation; Format: Meta-Analysis; Alignment: Academic]*

### **🔹 Government or Medical Association Guidelines**

[**Trauma and Violence-Informed Approaches – Government of Canada**](https://www.canada.ca/en/public-health/services/publications/health-risks-safety/trauma-violence-informed-approaches-policy-practice.html)

* Outlines strengths-based policies minimizing harm and promoting agency.
* *[Tags: Government: Canada; Theme: Trauma-Informed Policy; Format: Public Health Article; Alignment: Policy/Systems]*

[**Rural Mental Health Fact Sheet (CMHA, 2025)**](https://cmha.ca/rural-mental-health/)

* Highlights rural mental health challenges and opportunities for virtual services.
* *[Tags: Organization: CMHA; Theme: Rural Mental Health; Format: Fact Sheet; Alignment: Equity-Informed]*

[**Ethics and Governance of Artificial Intelligence for Health (WHO, 2021)**](https://www.ncdirindia.org/Downloads/WHO_AI_Ethics.pdf)

* Six ethical principles governing AI: transparency, autonomy, safety, etc.
* *[Tags: Organization: WHO; Theme: AI Ethics, Health Systems; Format: Global Report; Alignment: Ethical Standards]*