Mental Health Links

The following links are listed to provide you with additional online mental health care information. Please also check the additional links provided for physical health for a more comprehensive understanding of your over-all well-being. The following is not meant to be a comprehensive list, nor is it an endorsement of the content of the sites.

**Associations & Institutes**

* [American Academy of Child & Adolescent Psychiatry](http://www.aacap.org/)
* [American Association for Marriage and Family Therapy](http://www.aamft.org/)
* [American Counseling Association](http://www.counseling.org/)
* [American Psychiatric Association](http://www.psych.org/)
* [American Psychological Association](http://www.apa.org/)
* [American Psychological Society](http://www.psychologicalscience.org/)
* [Center for Mental Health Services](http://www.samhsa.gov/)
* [Mental Health America](http://www.mentalhealthamerica.net/)
* [MentalHealth.gov/](http://www.mentalhealth.gov/)
* [National Institute of Mental Health](http://www.nimh.nih.gov/)
* [National Mental Health Association](http://www.nmha.org/)
* [National Eating Disorders Association](http://www.nationaleatingdisorders.org/)
* [National Sleep Foundation](http://www.sleepfoundation.org/)
* [National Women’s Health Resource Center](http://www.healthywomen.org/)
* [The National Child Traumatic Stress Network](http://www.nctsn.org/trauma-types/terrorism)
* [NAMI (National Alliance on Mental Illness)](http://www.nami.org/)
* [Substance Abuse and Mental Health Services Administration](http://www.samhsa.gov/)
* [Centers for Disease Control and Prevention (CDC)](http://www.cdc.gov/)

**Suicide Awareness and Hotlines**

* [American Foundation for Suicide Prevention](http://www.afsp.org/)
* [Suicide Awareness Voices of Education](http://www.save.org/)
* [Suicide: Read This First](http://www.metanoia.org/suicide/)

**Depression**

* [Bipolar Disorder News – Pendulum.org](http://www.pendulum.org/)
* [Depression and How Therapy Can Help](http://www.apa.org/topics/depress/recover.aspx)
* [Depression Screening](http://www.depressionscreen.org/)
* [Depression and Bipolar Support Alliance (DBSA)](http://www.dbsalliance.org/)

**Anxiety Disorders**

* [Answers to Your Questions About Panic Disorder](http://www.apa.org/pubinfo/panic.html)

**Obsessive-Compulsive Disorder (OCD)**

* [Beyond OCD](http://www.beyondocd.org/)
* [International OCD Foundation](http://www.ocfoundation.org/)
* [Trichotillomania Learning Center](http://www.bfrb.org/)

**Posttraumatic Stress Disorder (PTSD)**

* [National Center for PTSD](http://www.ptsd.va.gov/)
* [Give an Hour](http://www.giveanhour.org/)— for veterans and their families
* [National Center for PTSD](http://www.ptsd.va.gov/)[Real Warriors (U.S. Department of Defense)](http://www.realwarriors.net/)— for veterans and their families
* [The Gift From Within](http://www.giftfromwithin.org/)
* [Sidran Institute](http://www.sidran.org/)

**Addiction and Recovery**

* [Alcoholics Anonymous](http://www.aa.org/)
* [Center for On-Line Addiction](http://netaddiction.com/)
* [Web of Addictions](http://www.well.com/user/woa/)

**Eating Disorders**

* [American Dietetic Association](http://www.eatright.org/)

**Personality Disorders**

* [Mental Help Net – Personality Disorders](http://www.mentalhelp.net/poc/center_index.php?id=8)
* [Personality Disorders](http://www.healthofchildren.com/P/Personality-Disorders.html)

**Attention-Deficit Hyperactivity Disorder**

* [ADDA – Attention Deficit Disorder Association](http://www.add.org/)
* [Attention-Deficit Hyperactivity Disorder, NIMH](http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml)

**Child Abuse and Domestic Violence**

* [Childhelp USA®](http://www.childhelp.org/)
* [Questions and Answers about Memories of Childhood Abuse](http://www.apa.org/topics/trauma/memories.aspx)
* [The National Domestic Violence Hotline Website](http://www.ndvh.org/)

**Developmental Disorders**

* [NeuroWeb](http://spinwarp.ucsd.edu/NeuroWeb/)

**Diagnosis**

* [DSM-V: Diagnoses and Criteria](http://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596)

**Medication**

* [DrugWatch.com](http://www.drugwatch.com/) provides up-to-date information about prescription and over-the-counter medications, including details about associated side effects.