



MINDS *that* MATTER

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Helpful Resources

Websites

www.aacap.org (American Academy of Child & Adolescent Psychiatry)

www.nami.org (National Alliance on Mental Illness)

www.nimh.nih.gov (National Institute of Mental Health)

www.kidshealth.org (Nemours Foundation)

www.mentalhealth.com (Encyclopedia of mental health information)

www.mentalhelp.net (Tests, support groups, and articles on various disorders)

www.psychologyinfo.com/problems (Psychology Information Online)

www.bpkids.org (Child & Adolescent Bipolar Foundation)

www.nmha.org (National Mental Health Association)

www.cognitivetherapy.com (Cognitive Therapy Basics)

www.chadd.org (Children and Adults with ADHD)

www.psych.org (The American Psychiatric Association)

www.healthyminds.org (American Psychiatric Association public information section)

www.parentsmedguide.org (ADHD & Depression medication guides from APA/AACAP)

www.adaa.org (Anxiety Disorders Association of America)

www.ocfoundation.org & www.ocfoundation.org/ocdinkids (Obsessive Compulsive Foundation)

PHONE RESOURCES

Suicide Hotlines

800-SUICIDE (784-2433)

800-273-TALK (8255) National Suicide Prevention Lifeline

800-799-4TTY (4889) Deaf Hotline

Other Crisis Resources

800-662-HELP (4357) National Drug and Alcohol Abuse Hotline