

INTERNET RESOURCES

The internet is a valuable resource for mental health professionals as well as the general public. The resources listed in this section are intended to help increase your knowledge of mental health issues and should not be used in place of professional diagnosis and treatment. The web sites included here are not exhaustive of the resources available on the internet; however, these resources may be a good place to begin your search.

► LOCAL ORGANIZATIONS

Empowerment for Healthy Minds

<http://www.efhm.com>

Peer-directed mental health advocacy and computer empowerment.

Mental Health Association of New River Valley

<http://www.mhanrv.org>

Offers information and services to promote the mission of dedication to equitable access to appropriate mental health treatment, the promotion of mental health, and the prevention of mental illness.

New River Valley Community Services

<http://www.nrvcs.org>

Offers information and services to promote independence and self-reliance for citizens of the New River Valley with a variety of community-based services in mental health, mental retardation, substance abuse and related prevention services.

► ADVOCACY ORGANIZATIONS

Bazelon Center for Mental Health Law

<http://www.bazelon.org>

The Bazelon Center for Mental Health Law is the leading national legal advocate for people with mental illnesses or mental retardation.

National Alliance on Mental Illness

<http://www.nami.org>

A nonprofit, grassroots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses.

National Association of Protection and Advocacy Systems, Inc.

<http://www.napas.org>

A voluntary national membership association of the Protection and Advocacy (P&As) Systems and Client Assistance Programs. It assumes leadership in promoting and strengthening the role and performance of its members in providing quality legally based advocacy services.

National Mental Health Association

<http://www.nmha.org>

NMHA web site addresses all aspects of mental health and mental illness.

► GENERAL MENTAL HEALTH INFORMATION

Administrators in Medicine (AIM)

<http://www.docboard.org>

Links to popular web sites on medication treatment.

American Academy of Child and Adolescent Psychiatry

<http://www.aacap.org/index.htm>

Assists parents and families in understanding developmental, behavioral, emotional, and mental disorders affecting children and adolescents.

American Association for Geriatric Psychiatry

<http://www.aagponline.org>

Raising awareness of psychiatric disorders affecting the elderly.

American Association of Suicidology

<http://www.suicidology.org/index.cfm>

Helps people to understand and prevent suicide.

American Foundation for Suicide Prevention

<http://www.afsp.org>

Provides information regarding **suicide** and **suicide prevention**.

BehaveNet, Inc.

<http://www.behavenet.com>

The National Library of Medicine offers information on mental health disorders.

Depression and Bipolar Support Alliance

<http://www.dbsalliance.org>

A national membership organization representing and coordinated by people with **depressive and bipolar illnesses**. Offers patient support groups, advocacy, educational brochures, and a free bookstore catalog.

Depression-Screening

<http://www.depression-screening.org/>

To educate people about clinical depression, offer a confidential way for people to get screened for symptoms of the illness, and guide people toward appropriate professional help if necessary.

Eating Disorder Referral and Information Center

<http://www.edreferral.com>

Provides information and treatment resources for all forms of **eating disorders**.

Emory University, MEDWEB

<http://www.medweb.emory.edu>

A resource maintained by the Robert W. Woodruff Health Sciences Center Library of Emory University providing information on a variety of health topics.

Gateway to Post Traumatic Stress Disorder Information

<http://www.ptsdinfo.org>

Information about coping with traumatic stress.

Gift From Within

<http://www.giftfromwithin.org>

Information and support regarding trauma and post traumatic stress disorder.

International Association of Psychosocial Rehabilitation Services

<http://www.iapsrs.org>

Promotes, supports, and strengthens community-oriented rehabilitation services and resources for persons with psychiatric disabilities.

Internet Mental Health

<http://www.mentalhealth.com>

A free encyclopedia of mental health information.

Mental Health and Aging

<http://www.mhaging.org>

Assists older adults, their families, and caregivers in obtaining mental health services specific to the needs of older adults.

Mental Health Information Source

<http://www.mhsource.com>

Offers mental health education and mental health resources.

Mental Health Net

<http://mentalhelp.net>

A comprehensive source of on-line mental health information, news and resources.

National Hopeline Network

<http://www.hopeline.com>

Information and support for those who contemplate suicide.

National Resource Center on AD/HD

<http://www.chadd.org>

Information on **attention-deficit/hyperactivity disorder**.

National Schizophrenia Foundation

<http://www.nsfoundation.org>

Information on **schizophrenia** including Schizophrenia Anonymous.

New York City Voices

<http://www.newyorkcityvoices.org>

A journal where mental health consumers, ex-patients/survivors, family members, and professional helpers can let their voices be heard, providing mutual support for living the most empowered and independent lives possible.

Obsessive Compulsive Foundation

<http://www.ocfoundation.org>

Information on **obsessive compulsive disorder**.

STAR Center

<http://www.consumerstar.org>

The STAR Center provides support, technical assistance, and resources to help improve and increase the capacity of consumer-operated programs to meet the needs of persons living with mental illnesses from diverse communities.

The Bright Side

http://www.the-bright-side.org/site/the_brightside

On The Bright Side you will find educational materials, articles by top experts, personal stories, and other resources to help you cope with depression, grief, suicide, or whatever mental or emotional difficulty you or your loved one may be experiencing.

Wing of Madness

<http://www.wingofmadness.com/index.htm>

Depression information, news, and support.

World Health Organization

<http://www.who.int/en>

Offers information on a variety of health topics and current events relating to world health.

► WELLNESS INFORMATION (RECOVERY)

Center for Psychiatric Rehabilitation

<http://www.bu.edu/cpr>

Provides information on recovery and rehabilitation.

Consumer Organization and Network Technical Assistance Center

<http://www.contac.org>

CONTAC is a resource center for consumers and consumer-run organizations across the United States offering services and products including informational materials; on-site training and skill-building curricula; electronic and other communication capabilities; networking and customized activities promoting self-help, recovery, leadership, business management, and empowerment.

Mental Health Recovery-Web site of NAMI of Santa Clara County, CA

<http://www.namisc.org/MentalHealthRecovery.htm>

Contains articles, news, recovery techniques and links.

National Consumer Supporter Technical Assistance Center

<http://www.ncstac.org>

Purpose is to strengthen those organizations supporting mental health consumers, survivors and ex-patients by providing technical assistance in the forms of research, informational materials, and financial aid.

National Empowerment Center

<http://www.power2u.org>

Offers practical information to help people recover when labeled with a mental illness.

National Mental Health Consumer's Self-Help Clearinghouse

<http://www.mhselfhelp.org>

Connects individuals to self-help and advocacy resources, and offers expertise to self-help groups and other peer-run services for mental health consumers.

National Research and Training Center in Psychiatric Disability and Peer Support

<http://www.psych.uic.edu/uicnrtc>

Offers research, training, technical assistance and dissemination activities designed to promote self-determination among people with psychiatric disabilities.

► GOVERNMENTAL ORGANIZATIONS

A Report of the Surgeon General

<http://www.surgeongeneral.gov/library/reports.htm>

Reports of the surgeon general focusing the nation's attention on important public health issues.

Center for Mental Health Services Locator

<http://mentalhealth.samhsa.gov/databases/default.asp>

Provides statistics, resources and services available.

Library of Congress

<http://lcweb.loc.gov>

The library's mission is to make its resources available and useful to the Congress and the American people and to sustain and preserve a universal collection of knowledge and creativity for future generations.

National Mental Health Information Center

Knowledge Exchange Network (KEN), Information site of the Center for Mental Health Services/SAMHSA

<http://www.mentalhealth.org>

Provides a variety of information on mental health topics.

National Association of State Mental Health Program Directors

<http://www.nasmhpd.org>

Analyzes trends in the delivery and financing of mental health services and builds and disseminates knowledge and experience reflecting the integration of public mental health programming in evolving healthcare environments.

The National Health Information Center

<http://www.health.gov/nhic>

Offers a health information referral service.

National Institute of Mental Health

<http://www.nimh.nih.gov>

Offers mental health information for the public, practitioners, and researchers.

Social Security Administration

<http://www.socialsecurity.gov>

Information regarding the Social Security Administration.

Substance Abuse & Mental Health Services Administration

<http://www.samhsa.gov>

SAMHSA is concerned with improving the quality and availability of prevention, treatment, and rehabilitative services in order to reduce illness, death, disability, and cost to society resulting from substance abuse and mental illnesses.

Thomas: Legislative Information on the Internet (Library of Congress)

<http://thomas.loc.gov>

Provides information on federal legislation.

US Department of Health and Human Services

<http://www.hhs.gov>

Offers information on a variety of topics concerned with leading America to better health, safety and well-being.

US House of Representatives

<http://www.house.gov>

Provides information on the US House of Representatives.

US National Library of Medicine

<http://www.nlm.nih.gov>

The library collects materials in all areas of biomedicine and health care, as well as works on biomedical aspects of technology, the humanities, and the physical, life, and social sciences.

US Senate

<http://www.senate.gov>

Provides information on the US Senate.

Virginia Department of Mental Health, Mental Retardation, and Substance Abuse

<http://www.dmhmrzas.virginia.gov>

DMHMRSAS is concerned with improving the quality of life for people with mental disabilities and substance abuse problems by providing the very best services possible, at minimal burden to the taxpayer.

The White House

<http://www.whitehouse.gov>

Provides information on the President and staff of the White House.

► ALCOHOL AND DRUG ABUSE

Al-Anon World Service Office Meeting Information Line

<http://www.al-anon.alateen.org>

Provides information and literature for families and friends of alcoholics.

Alcoholics Anonymous

<http://www.aa.org>

Provides information on Alcoholics Anonymous.

Narcotics Anonymous

<http://www.na.org>

Provides information on Narcotics Anonymous.

National Institute on Alcohol Abuse and Alcoholism

<http://www.niaaa.nih.gov>

Provides a variety of information and literature regarding alcohol abuse and alcoholism.

Substance Abuse & Mental Health Services Administration

<http://www.samhsa.gov>

Provides information on mental health and substance abuse problems, prevention, and treatment.

▶ SEXUALLY TRANSMITTED DISEASES

American Social Health Association

<http://www.ashastd.org>

Provides information on AIDS and sexually transmitted diseases (STDs).

Centers for Disease Control and Prevention

<http://www.cdc.gov>

Offers information regarding the protection of health and safety of all Americans.

▶ CHILDREN

■ Abuse

Child Help USA

Also offers a 24-hour National Child Abuse Hotline: 1-800-422-4453

<http://www.childhelpusa.org>

Offers resources regarding abused and neglected children.

■ Missing

National Center for Missing and Exploited Children

<http://www.missingkids.com>

Provides publications, information and resources regarding missing children.

To report information regarding a missing child, call 1-800-843-5678.

▶ OLDER ADULTS

National Council on Aging

<http://www.ncoa.org>

Offers information and literature on various topics of interest to older adults.

SeniorNavigator.com

<http://www.seniornavigator.com>

Offers information regarding health information and aging issues.

