

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](#)
- [American Association for Marriage and Family Therapy](#)
- [American Counseling Association](#)
- [American Psychiatric Association](#)
- [American Psychological Association](#)
- [American Psychological Society](#)
- [Center for Mental Health Services](#)
- [Mental Health America](#)
- [MentalHealth.gov/](#)
- [National Institute of Mental Health](#)
- [National Mental Health Association](#)
- [National Eating Disorders Association](#)
- [National Sleep Foundation](#)
- [National Women's Health Resource Center](#)
- [The National Child Traumatic Stress Network](#)
- [NAMI \(National Alliance on Mental Illness\)](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [Centers for Disease Control and Prevention \(CDC\)](#)

Suicide Awareness and Hotlines

- [American Foundation for Suicide Prevention](#)
- [Suicide Awareness Voices of Education](#)
- [Suicide: Read This First](#)

Depression

- [Bipolar Disorder News – Pendulum.org](#)
- [Depression and How Therapy Can Help](#)
- [Depression Screening](#)
- [Depression and Bipolar Support Alliance \(DBSA\)](#)

Anxiety Disorders

- [Answers to Your Questions About Panic Disorder](#)

Obsessive-Compulsive Disorder (OCD)

- [Beyond OCD](#)
- [International OCD Foundation](#)
- [Trichotillomania Learning Center](#)

Posttraumatic Stress Disorder (PTSD)

- [National Center for PTSD](#)
- [Give an Hour](#)— for veterans and their families
- [National Center for PTSD Real Warriors \(U.S. Department of Defense\)](#)— for veterans and their families
- [The Gift From Within](#)
- [Sidran Institute](#)

Addiction and Recovery

- [Alcoholics Anonymous](#)
- [Center for On-Line Addiction](#)
- [Web of Addictions](#)

Eating Disorders

- [American Dietetic Association](#)

Personality Disorders

- [Personality Disorders](#)

Attention-Deficit Hyperactivity Disorder

- [ADDA – Attention Deficit Disorder Association](#)
- [Attention-Deficit Hyperactivity Disorder, NIMH](#)

Child Abuse and Domestic Violence

- [Childhelp USA®](#)
- [Questions and Answers about Memories of Childhood Abuse](#)
- [The National Domestic Violence Hotline Website](#)

Developmental Disorders

- [NeuroWeb](#)

Diagnosis

- [DSM-V: Diagnoses and Criteria](#)

Medication

- [DrugWatch.com](#) provides up-to-date information about prescription and over-the-counter medications, including details about associated side effects.