

# REAL

# MENTAL ILLNESS IS A REAL ISSUE. WE SHOULD TREAT IT LIKE ONE.

*We want to build a community that supports everyone who faces mental illness. One where we all know what to look for and where to turn. One where everyone feels safe when they seek help. And we need your help.*

### **Everyone Seems to Know Mental Illness is Real**

Research conducted by Burke in 2014 found that 97% of East Texans surveyed believe that mental illness is pervasive in their community. More than 95% said they know someone that has a mental illness.

For mental health professionals, these numbers are not surprising. One out of four Americans will face a mental health issue this year. One out of five teenagers will. Suicides — 90% of which are associated with mental illness — take more lives each year than homicide. This crisis is especially acute in our veteran community. Every day, about 22 veterans commit suicide.

Mental illness is a health crisis in America and here in East Texas. Yet it's not discussed freely and openly like other health concerns like cancer, heart disease or diabetes.

Our goal is to bring mental illness out of the shadows and help our neighbors get the care they need. Together, we can address this silent crisis and help East Texans identify, resolve and manage their mental health.

### **Beating the Stigma of Mental Illness**

Just as mental illness is real, so too is the stigma and silence that surrounds those in our community that struggle with it.

Burke's REAL campaign will address the stigma of mental illness directly. Through news stories, advertising, community training and outreach to leaders like you, we

will educate East Texans about mental health issues and help them find the care they need.

### **How You Can Help**

We cannot do this alone. And our research suggests that East Texans don't want us to. They want to hear about mental illness at their family doctor's office, at their church, even at their children's school. That's where you can help.

**Learn More** — by downloading and reviewing our materials at [www.myburke.org/REAL](http://www.myburke.org/REAL)

**Share Information** — let your employees, congregants, patients and friends know about our campaign

**Listen** — Let the people around you know it's OK to talk about mental health

**Train Key Staff and Leaders** — Burke conducts Mental Health First Aid training that provides the facts about mental illness and teaches what to look for and where to turn for help

**Join Our Campaign** - by lending your name to our campaign, you will be part of an ever-growing group of East Texans that is helping beat the stigma around mental health

### **Get in Touch**

For more information or to get in touch with our staff, email [real@myburke.org](mailto:real@myburke.org).



Get more information at: [MyBurke.org/REAL](http://MyBurke.org/REAL)





## INFORMATION & RESOURCES

*You don't have to be an expert on mental illness to get help. But the more you know, the easier it will be to understand how to manage it. Following are some general topics and terms that may apply to you or your family.*

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### **Anxiety Disorder**

Anxiety is a normal reaction to stress that helps a person cope with a tense situation. The symptoms of anxiety can be extreme social inhibition, obsession, compulsion or a phobia, and they can all be persistent and often overwhelming. Many times, physical symptoms including heart palpitations, increased blood pressure and chest pain accompany anxiety disorders.

Treatment for anxiety is widely available and includes medication and counseling. Mental health professionals can offer information about mood disorders including anxiety as well as various treatment options.

### **Bipolar Disorder**

Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. The symptoms of bipolar disorder are severe and differ from the normal ups and downs that everyone experiences from time to time. Bipolar disorder symptoms can result in damaged relationships, poor job or school performance, and even suicide. But it can be treated, and people with this illness can go on to live full and productive lives.

### **Children**

Health statistics from the Mayo Clinic indicate that mental illness in children can be hard for parents to identify. As a result, many children who could benefit from treatment don't get the help they need. Children can experience a range of mental health conditions including anxiety disorders, attention-deficit/hyperactivity disorder (ADHD), autism, eating disorders, mood disorders, and schizophrenia. Mental health professionals will help you understand the warning signs of mental illness in children and what you can do to help your child cope.

### **Depression**

Each one of us has felt sad or blue, but major depression goes well beyond temporary feelings of sadness. Roughly 25 million Americans will have at least one episode of major depression this year, and medical professionals estimate that depression affects 5-8% of adults in the United States.

Depression affects a person's thoughts, feelings, behavior, mood and physical health. It occurs 70 percent more frequently in women than in men for reasons that are not fully understood. Without treatment, the frequency and severity of these symptoms tend to increase over time, leading to serious impairment in daily functioning and even suicide, which is the 10th leading cause of death in the U.S.



## PTSD

Once called shell shock or battle fatigue syndrome, PTSD is a serious condition that can develop after a person has experienced or witnessed a traumatic or terrifying event in which serious physical harm occurred or was threatened.

PTSD is a lasting consequence of traumatic ordeals that cause intense fear, helplessness, or horror, such as a sexual or physical assault, the unexpected death of a loved one, an accident, war or natural disaster. Families of victims can also develop PTSD, as can emergency personnel and rescue workers.

## Schizophrenia

Schizophrenia is a serious mental illness that interferes with a person's ability to think clearly, manage emotions, make decisions and relate to others. Schizophrenia is usually characterized by hallucinations and delusions with changes in behavior, thinking and feeling. People with schizophrenia may hear voices other people don't hear and may believe that other people are reading their minds, controlling their thoughts, or plotting to harm them. This can terrify people with the illness and make them withdrawn or extremely agitated. Because schizophrenia can be so debilitating, it is important to seek care as early as possible

## Substance Abuse

Also known as drug abuse, substance abuse is a patterned use of a substance (drug) in which the user consumes the substance in amounts that are considered harmful to themselves or others. The drugs most often associated with this term include alcohol, marijuana, heroin, cocaine, opioids and antipsychotics. Long term personality changes in individuals may occur as well.

## Suicide

There is a strong link between suicide and mental illness, with 90% of the people who die by suicide having an existing mental illness or substance abuse problem at the time of their death. Hopelessness is a strong predictor of suicidal risk, even more so than depressive symptoms or a mood disorder diagnosis. Never ignore comments about suicide. Report them to your loved one's therapist or doctor or, if necessary, the police.

## LOCAL & CRISIS RESOURCES

### **NATIONAL SUICIDE PREVENTION LIFELINE — 1-800-273-TALK**

The National Suicide Prevention Lifeline 1-800-273-TALK is the U.S.-based suicide prevention network of 161 crisis centers, that provides a 24-hour, toll-free hotline available to anyone in suicidal crisis or emotional distress. The Lifeline supports people who call for themselves or someone they care about.

### **BURKE — MENTAL HEALTH SERVICES AND CRISIS HOTLINE — MYBURKE.ORG — HOTLINE: 1-800-392-8343**

Formerly the Burke Center, Burke is the largest provider of mental health care services in East Texas. Burke also administers the region's 24-hour Mental Health Crisis Hotline. Visit MyBurke.org for information about Burke's services or call 936 634-5010 to schedule an appointment.

### **Source**

San Antonio Center blurbs on Mental Health issues — <http://www.chcsbc.org/education/>



Get more information at: [MyBurke.org/REAL](http://MyBurke.org/REAL)

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## LEARNING ABOUT DEPRESSION

*Do you feel very tired, helpless and hopeless? Are you sad most of the time and take no pleasure in your family, friends, or hobbies? Are you having trouble working, sleeping, eating and functioning? Depression is an illness, not a weakness. Learn more.*

### **What is Depression?**

Everyone feels sad sometimes, but these feelings usually pass after a few days. When you have depression, you have trouble with daily life for weeks at a time. Depression is not a feeling you can “snap out” of. It is a real illness that needs treatment.

### **What Causes Depression?**

Several factors, or a combination of factors, may contribute to depression. People with a family history of depression may be more likely to develop it than those whose families do not have the illness. People with depression have different brain chemistry than those without the illness. Stress, such as the loss of a loved one, a difficult relationship, or any stressful situation may trigger depression.

### **What Are the Signs of Depression?**

Different people have different symptoms. Some symptoms of depression include:

- Feeling sad, “empty,” feeling hopeless, tired, irritable, anxious, or guilty
- Loss of interest in favorite activities
- Not being able to concentrate or remember details
- Not being able to sleep, or sleeping too much
- Overeating, or not wanting to eat at all
- Thoughts of suicide, suicide attempts
- Aches, pains, headaches, cramps, or digestive problems.

### **Does Depression Look the Same for Everyone?**

No. Depression affects different people in different ways. Women experience depression more often than men. Biological, life cycle and hormonal factors that are unique to women may be linked to women’s higher depression rate. Women with depression typically have symptoms of sadness, worthlessness and guilt.



1 of 5 Americans will face a mental health crisis in their lifetimes. Depression and other mental illnesses strike people of all ages, races and education and income levels.

Men with depression are more likely to be very tired, irritable and sometimes even angry. They may lose interest in work or activities they once enjoyed and have sleep problems.

Older adults with depression may have less obvious symptoms, or they may be less likely to admit to feelings of sadness or grief. They also are more likely to have medical conditions like heart disease or stroke, which may cause or contribute to depression. Certain medications also can have side effects that contribute to depression.

Children with depression may pretend to be sick, refuse to go to school, cling to a parent, or worry that a parent may die. Older children or teens may get into trouble at school and be irritable. Because these signs can also be part of normal mood swings associated with certain childhood stages, it may be difficult to accurately diagnose a young person with depression.

### *How is Depression Treated?*

The first step to getting the right treatment is to visit a doctor or mental health professional. She can do an exam or lab tests to rule out other conditions that may have the same symptoms as depression and determine whether certain medications you are taking may be affecting your mood.

The doctor should get a complete history of symptoms, including when they started, how long they have lasted and how bad they are. She should also know whether they have occurred before, and if so, how they were treated and whether there is a history of depression in your family.

Medications called antidepressants can work well to treat depression. They can take several weeks to work and some may cause side effects. You should talk to your doctor about whether medication is right for you.

Psychotherapy can also help treat depression by teaching new ways of thinking and behaving and changing habits that may be contributing to the depression. Therapy can help you understand and work through difficult relationships or situations that may be causing your depression or making it worse.

The bottom line is that there *IS* help in your community. But you have to reach out and ask for help.

### *How Can I Help Someone that has Depression?*

If you know someone who has depression, first help him or her see a doctor or mental health professional.

- Offer support, understanding, patience and encouragement.
- Talk to him or her and listen carefully.
- Never ignore comments about suicide. Report them to your loved one's therapist or doctor.
- Invite him or her out for walks and other activities.
- Remind him or her that with time and treatment, the depression will lift

### *How Can I Help Myself if I am Depressed?*

If you know someone who has depression, first help him or her see a doctor or mental health professional. If you or someone you know is in crisis, get help quickly. In

East Texas, Burke has a **24-Hour Crisis hotline: 1-800-392-8343.**

As you continue treatment, gradually you will start to feel better. Remember that if you are taking an antidepressant, it may take several weeks for it to start working. Try to do things that you used to enjoy before you had depression. Go easy on yourself.

If you are unsure where to go for help, ask your family doctor. You can also check the phone book for mental health professionals. Hospital doctors can help in an emergency.



Get Help. Get Real.

If you are struggling with depression or another mental illness, you're not alone. There are professionals and other resources here in East Texas that can help.

BURKE MENTAL HEALTH SERVICES

[24 Hour Crisis Hotline](tel:1-800-392-8343)

1-800-392-8343

[Information and Appointments](tel:936-634-5010)

936 634-5010

[Burke's REAL Mental Health Site](http://www.myburke.org/REAL)

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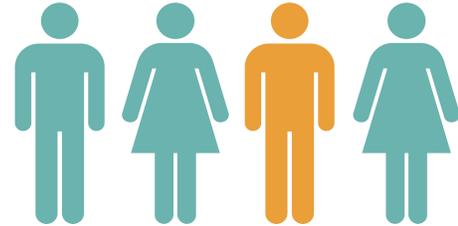
# REAL

## MENTAL ILLNESS BY THE NUMBERS

*Mental illness affects more of us than you might think. At home, at work or at school, odds are that we encounter someone that is facing one or more mental health issues.*

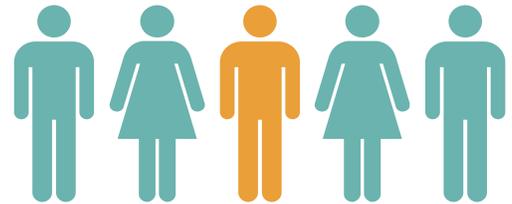
### 1 in 4 Adults

One in four adults – approximately 61.5 million Americans – experiences mental illness in a given year. One in 17 – about 13.6 million – live with a serious mental illness such as schizophrenia, major depression or bipolar disorder.<sup>1</sup>



### 1 in 5 Children

Approximately 20 percent of youth ages 13 to 18 experience severe mental disorders in a given year. For ages 8 to 15, the estimate is 13 percent.<sup>2</sup>



### Mental Health Costs Us All

Serious mental illness costs America \$193.2 billion in lost earnings per year. Lost productivity and missed work costs employers and employees alike.<sup>3</sup>

**\$193 billion**  
in lost earnings

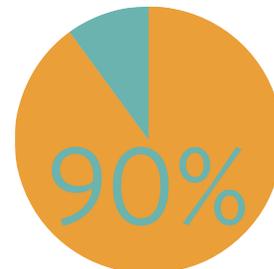
### Mental Illness Strikes Early

One-half of all chronic mental illness begins by the age of 14; three-quarters by age 24. Despite effective treatment, there are long delays – sometimes decades – between the first appearance of symptoms and when people get help.<sup>4</sup>



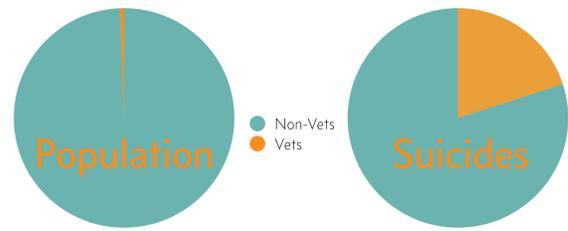
### Suicide and Mental Illness Are Closely Linked

Suicide is the tenth leading cause of death in the United States. It is more common than homicide. For ages 15 to 24, it is the third leading cause of death. More than 90 percent of those who die from suicide had one or more mental illnesses.<sup>5</sup>



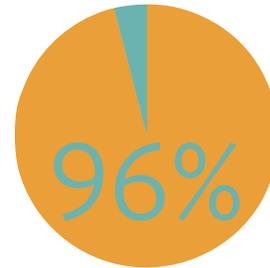
## Veterans are Acutely Affected

Veterans make up less than one percent of the U.S. population, yet account for 20% of U.S. suicides each year. Each day, about 22 veterans die from suicide.<sup>6</sup> In fact, more veterans of the Iraq and Afghanistan wars have died by suicide than have died on the battlefield.



## East Texans Know This is a Real Issue

In an online poll conducted by Burke, 96% of respondents said they know someone that is facing a mental illness.



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## Citations

- <sup>1</sup> National Institutes of Health, National Institute of Mental Health. (n.d.). Statistics: Any Disorder Among Adults. Retrieved March 5, 2013, from [http://www.nimh.nih.gov/statistics/1ANYDIS\\_ADULT.shtml](http://www.nimh.nih.gov/statistics/1ANYDIS_ADULT.shtml)
- <sup>2</sup> National Institutes of Health, National Institute of Mental Health. (n.d.). Any Disorder Among Children. Retrieved March 5, 2013, from [http://www.nimh.nih.gov/statistics/1ANYDIS\\_CHILD.shtml](http://www.nimh.nih.gov/statistics/1ANYDIS_CHILD.shtml)
- <sup>3</sup> Insel, T.R. (2008). Assessing the Economic Costs of Serious Mental Illness. *The American Journal of Psychiatry*, 165(6), 663-665
- <sup>4</sup> Kessler, R.C, et al. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*, 62(6), 593-602.
- <sup>5</sup> McIntosh, J.L., & Drapeau, C.W. (for the American Association of Suicidology). (2012). U.S.A. suicide: 2010 official final data. Washington, D.C: American Association of Suicidology and American Association of Suicidology. (2012). *Suicide in the USA Based on 2010 Data*. Washington, DC: American Association of Suicidology.
- <sup>6</sup> Martinez, L. & Bingham, A. (2011). U.S. Veterans: by the Numbers. Retrieved March 5, 2013, from <http://abcnews.go.com/Politics/us-veterans-numbers/story?id=14928136>, and U.S. Department of Veterans Affairs, Mental Health Services, Suicide Prevention Program. (2013). *Suicide Data Report, 2012*. Retrieved March 5, 2013, from <http://www.va.gov/opa/docs/Suicide-Data-Report-2012-final.pdf>



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## INFORMATION & RESOURCES

*You don't have to be an expert on mental illness to get help. Organizations around the country are helping individuals and families learn the facts about mental illness and where they can go for help. The organizations listed below are just some of the online resources that are available today.*

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### LOCAL & CRISIS RESOURCES

#### **NATIONAL SUICIDE PREVENTION LIFELINE — 1-800-273-TALK**

The National Suicide Prevention Lifeline 1-800-273-TALK is the U.S.-based suicide prevention network of 161 crisis centers, that provides a 24-hour, toll-free hotline available to anyone in suicidal crisis or emotional distress. After dialing 1-800-273-TALK (8255), the caller is routed to their nearest crisis center to receive immediate counseling and local mental health referrals. The Lifeline supports people who call for themselves or someone they care about.

#### **BURKE — MENTAL HEALTH SERVICES AND CRISIS HOTLINE — MYBURKE.ORG — HOTLINE: 1-800-392-8343**

Formerly the Burke Center, Burke is the largest provider of mental health care services in East Texas. Burke also administers the region's 24-hour Mental Health Crisis Hotline. Visit MyBurke.org for information about Burke's services or call 936 634-5010 to schedule an appointment.

### ORGANIZATIONS & ONLINE RESOURCES

#### **ALLTREATMENT — [alltreatment.com](http://alltreatment.com)**

Finding a drug rehab center is a complex and emotional process. Beginning one's recovery from alcoholism and drug addiction to a place of sobriety, a place of physical well-being, and a place of emotional freedom from drugs is a true challenge. The aim at AllTreatment is to educate, inform, and guide users through their own recovery or the recovery of a loved one.



#### **AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY — [aacap.org](http://aacap.org)**

AACAP's website has a wealth of information on child and adolescent psychiatric disorders, as well what the organization calls "practice parameters" — a description of best practices that should guide psychiatric diagnosis and treatment for young people in the US. AACAP also allows parents to search its members with its psychiatrist finder.

#### **AMERICAN ACADEMY OF PEDIATRICS — [healthychildren.org](http://healthychildren.org)**

The AAP provides guidance for parents, from pregnancy through sending a young adult off to college. The organization also has information on common health problems, tips on interacting with your pediatrician, and a tool to locate a doctor in your area.



Get more information at: [MyBurke.org/REAL](http://MyBurke.org/REAL)

### **AMERICAN PSYCHIATRIC ASSOCIATION — [psych.org](http://psych.org)**

The APA publishes the Diagnostic and Statistical Manual of Mental Disorders, which guides the diagnosis of all mental health disorders in the US, including those in children and adolescents. Details of both the current version and proposals for the upcoming revision are viewable on the website.

### **AMERICAN PSYCHOLOGICAL ASSOCIATION — [apa.org](http://apa.org)**

The APA keeps abreast of new developments in psychology on its website and provides information on common disorders treated by psychologists. The group also maintains a database of members, searchable by the ages each practitioner serves and his or her area of expertise.

### **AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION — [www.asha.org](http://www.asha.org)**

The American Speech-Language-Hearing Association is the professional, scientific, and credentialing association for more than 150,000 members and affiliates who are audiologists, speech-language pathologists, and speech, language, and hearing scientists in the United States and internationally. Support personnel in audiology and speech-language pathology also affiliate with ASHA.

### **ANXIETY DISORDERS ASSOCIATION OF AMERICA — [adaa.org](http://adaa.org)**

The ADAA is an advocacy and education group that provides information on anxiety disorders and a tool for finding clinicians with expertise in treating them.

### **ASSOCIATION OF EDUCATIONAL THERAPISTS — [aetonline.org](http://aetonline.org)**

The Association of Educational Therapists is the national professional association for educational therapists. AET defines and sets standards for the professional practice of educational therapy. Educational therapists provide a broad range of individualized educational interventions for children and adults with learning disabilities and other learning challenges. The website also provides a directory of their membership.

### **AUTISM SCIENCE FOUNDATION — [autismsciencefoundation.org](http://autismsciencefoundation.org)**

The ASF is a key player in organizing and funding scientifically sound research into the causes of autism and the development of evidence-based treatment. The organization also offers clear summaries and analysis of recent research.

### **AUTISM SPEAKS — [autismspeaks.org](http://autismspeaks.org)**

Autism Speaks is the largest education, advocacy and research organization committed to better understanding this developmental disorder and its causes, while ensuring that children and adults with ASDs reach their full potential.

### **THE BALANCED MIND FOUNDATION — [thebalancedmind.org](http://thebalancedmind.org)**

The Balanced Mind Foundation offers information and support for young people with mood disorders and their parents. The site features more than 20 different online parent support groups that are targeted to specific circumstances, from raising an 8-year-old with bipolar disorder to dealing with a teenager who is a substance abuser.

### **CHILDREN AND ADULTS LIVING WITH ATTENTION-DEFICIT HYPERACTIVITY DISORDER — [chadd.org](http://chadd.org)**

CHAAD is one of the premier outreach organizations representing the millions of Americans with ADHD. CHAAD offers extensive information on its site and administers the National Resource Center on ADHD, a joint education program funded by the federal Centers Disease Control and Prevention ([help4adhd.org](http://help4adhd.org)).



### **GUIDE TO COLLEGE STUDENT MENTAL HEALTH — [Learnpsychology.org](http://Learnpsychology.org)**

LearnPsychology.org provides in-depth information, resources and data for those interested in pursuing a degree in psychology. It uses reliable data and expert knowledge to offer accurate and up-to-date information about education and career options within the field of psychology. LearnPsychology.org also provides resources to help people make well-informed decisions regarding their education and future professions.

### **HEALTHY MINDS HEALTHY LIVES — [healthyminds.org](http://healthyminds.org)**

The public education website for the American Psychiatric Association includes information on many psychiatric disorders and tips on how to choose a psychiatrist.

### **MAYO CLINIC — [mayoclinic.com/health-information/](http://mayoclinic.com/health-information/)**

The hospital system's website offers detailed, authoritative information about the signs, symptoms, and treatment of a wide variety of medical illnesses, including psychiatric disorders.

### **MENTAL HEALTH AMERICA — [nmha.org](http://nmha.org)**

Mental Health America is a century-old group with hundreds of affiliates nationwide dedicated to helping Americans with mental illness. The organization has been involved in legislation and grassroots activism; its website has information organized by community and audience as well as disorder.

### **MENTAL HEALTH CHANNEL — <http://mentalhealthchannel.tv/>**

Mental Health Channel produces short videos focused on real people that are managing various mental health issues. All content is free to view and use.

### **NARSAD — [narsad.org](http://narsad.org)**

NARSAD, formerly the National Alliance for Research on Schizophrenia and Depression, is an organization committed to mental health research. Its website offers briefs on current research, video interviews with leading scientists, and the chance to ask questions about the research world.

### **NATIONAL ALLIANCE ON MENTAL ILLNESS — [nami.org](http://nami.org)**

NAMI is a grassroots organization with 1,200 affiliates that advocates for better mental health care. The group offers extensive educational programs and maintains an active presence on Capitol Hill and in state houses across the country, supporting treatment and research for mental illness on a par with other illnesses. The website provides information as well as online communities and an overview of the state of mental health care in the US.

### **NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS — [nasponline.org](http://nasponline.org)**

NASP represents 24,000 school psychologists throughout the United States and abroad. NASP's mission is to represent and support school psychology through leadership to enhance the mental health and educational competence of all children.

### **NATIONAL ASSOCIATION OF SOCIAL WORKERS — [naswdc.org](http://naswdc.org)**

NASW is committed to improving the well-being of individuals, families, communities and the nation. More than 640,000 professional social workers in the United States help millions of people across the lifespan enhance their social functioning.



### **NATIONAL EATING DISORDERS ASSOCIATION — [nationaleatingdisorders.org](http://nationaleatingdisorders.org)**

NEDA makes available true stories of struggles with anorexia and bulimia nervosa, relevant resources, and breaking news on eating disorders research around the world.

### **NATIONAL FEDERATION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH — [ffcmh.org](http://ffcmh.org)**

The National Federation of Families for Children's Mental Health is a family-run organization that serves to provide advocacy for the rights of youth with mental health challenges and provide leadership to a nation-wide network of family run organizations.

### **NATIONAL INSTITUTE OF MENTAL HEALTH — [nimh.nih.gov](http://nimh.nih.gov)**

NIMH coordinates much of the federal government's research into mental health, and funds studies at research institutions and universities nationwide. Its website has information on psychiatric and learning disorders as well as details of ongoing research and access to academic papers and government statistics.

### **PSYCHIATRIC NEWS — [psychnews.org](http://psychnews.org)**

The American Psychiatric Association publishes this newspaper, full of information on the latest in research, treatment, and diagnosis of psychiatric and learning disorders.

### **PSYCHIATRIC TIMES — [psychiatrictimes.com](http://psychiatrictimes.com)**

An independent newspaper focused on developments in the world of psychiatry, including brain science, patient care, and the future of mental health care.

### **SOCIETY FOR DEVELOPMENTAL AND BEHAVIORAL PEDIATRICS — [sdbp.org](http://sdbp.org)**

Society for Developmental and Behavioral Pediatrics is an interdisciplinary professional organization that promotes the developmental and behavioral health of all infants, children, adolescents and their families by advancing research, education, evidence-based clinical practice and advocacy.

### **SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION — [samhsa.gov](http://samhsa.gov)**

SAMHSA is the federal government's umbrella agency for mental health initiatives in all corners of American life. Here you can find information on mental health and substance abuse at they relate to family life, homelessness, the military, and a host of other issues.

### **THIS EMOTIONAL LIFE — [pbs.org/thisemotionallife/](http://pbs.org/thisemotionallife/)**

PBS' miniseries on emotion and mental health spawned a website that continues the conversation, in addition to a robust resource list searchable by location and topic.

### **THE TRAUMA & MENTAL HEALTH REPORT — [trauma.blog.yorku.ca](http://trauma.blog.yorku.ca)**

The Trauma & Mental Health Report is a weekly online mental health magazine published out of York University in Toronto. Its purpose is to share research-based knowledge on the topic of interpersonal trauma. The magazine covers issues like the causes and consequences of trauma, treatment, prevention, and the implications of trauma for society at large.