



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.

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

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

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

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

AMERICAN PSYCHIATRIC ASSOCIATION — 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

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

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

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

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

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

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

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

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).



GUIDE TO COLLEGE STUDENT MENTAL HEALTH — 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

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/

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

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

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

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

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

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

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

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

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

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 — psychiatristimes.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

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

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/

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

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.