

Mental Health Resources for “Finding Hope and Help”

Mental Health America, with its 340 affiliates nationwide, has materials on many mental health issues, including the categories that follow. The website also includes an online depression screening tool. Contact MHA at 1-800-969- 6642 or www.mentalhealthamerica.net.

CRISIS LINES

National Hopeline Network

Connects you to a crisis center in your area.

1-800-273-TALK (8255)

<http://www.hopeline.com>

Covenant House Nine Line

Operates a 24-hour teen crisis line.

1-800-999-9999

www.nineline.org

SUBSTANCE ABUSE

Al-Anon/Alateen

Conducts support groups for the friends and families of alcoholics.

<http://www.alateen.org>

Alcoholics Anonymous

Conducts 12-step programs for people trying to get sober.

<http://www.aa.org>

Narcotics Anonymous

Conducts 12-step programs for people who want to stop using drugs.

<http://www.na.org>

Dual Recovery Anonymous

Conducts self-help programs for people with both substance abuse problems and mental illnesses.

<http://www.dualrecovery.org>

The U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)

Federal government program supports mental health services and substance abuse treatment and prevention.

<http://www.samhsa.gov>

DEPRESSION AND BIPOLAR DISORDER

Child and Adolescent Bipolar Foundation

Offers support to families of children with bipolar disorder.

<http://www.bpkids.org>

www.mhawisconsin.org

Depression and Bipolar Support Alliance (DBSA)

Gives information and referrals for people with mood disorders.

<http://www.dbsalliance.org>

National Alliance for Research of Schizophrenia and Depression (NARSAD)

Provides information about severe psychiatric brain disorders.

<http://www.narsad.org>

ATTENTION DEFICIT/HYPERACTIVITY DISORDER

Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)

Educates about, and advocates for, people with ADD/ADHD

<http://www.chadd.org>

National ADD Association (NAA)

Provides information about ADD—includes a teen section.

<http://www.add.org>

ANXIETY DISORDERS

Anxiety Disorders Association of America (ADAA)

Offers resources for people with anxiety disorders, along with their families and friends.

<http://www.adaa.org>

Freedom from Fear (FFF)

Provides a screening questionnaire for anxiety and depression; and real-life stories about people with anxiety disorders.

<http://www.freedomfromfear.org>

SEXUAL ASSAULT AND SEXUAL ABUSE

Rape, Abuse, and Incest National Network (RAINN)

Information about sexual victimization; includes the National Sexual Assault Hotline.

www.rainn.org

Victims of Incest Can Emerge Survivors (VOICES)

Gives assistance to adult survivors of child sexual abuse.

www.voices-action.org

National Sexual Violence Resource Center

Offers information, support and research for people who have experienced sexual violence.

<http://www.nsvrc.org>

EATING DISORDERS

National Eating Disorders Organization

Works to prevent eating disorders; and provides treatment referrals.

<http://www.nationaleatingdisorders.org>

National Association of Anorexia Nervosa and Associated Disorders (ANAD)

Focus on education and advocacy; and offers free support and self-help groups.

<http://www.anad.org>

OBSESSIVE/COMPULSIVE DISORDER (OCD)

Obsessive/Compulsive Foundation

Provides information about OCD and its treatment; and a screening test and treatment referrals.

<http://www.ocfoundation.org>

POST-TRAUMATIC STRESS DISORDER (PTSD)

Sidran Institute

Offers information available about PTSD, trauma, and dissociation.

<http://www.sidran.org>

SCHIZOPHRENIA

National Schizophrenia Foundation/Schizophrenics Anonymous

Conducts self-help groups to assist the recovery of people with schizophrenia.

<http://www.sanonymous.org>

National Alliance for Research of Schizophrenia and Depression (NARSAD)

Offers information about severe psychiatric brain disorders.

<http://www.narsad.org>

DATING AND DOMESTIC VIOLENCE

National Domestic Violence Hotline

Operates a hotline with nationwide information for people experiencing violence in intimate relationships. Has a specific section about teen dating violence. Also has a way to keep anyone from knowing you've visited this site.

www.ndvh.org

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

Love Doesn't Have to Hurt

American Psychological Association website about teen dating violence.

<http://www.apa.org/pi/cyf/teen.pdf>

CUTTING

S.A.F.E. Alternatives

Offers educational and treatment resources for people struggling with self-injury.

<http://www.selfinjury.com>

OTHER RESOURCES

American Academy of Child and Adolescent Psychiatry

Includes information for families and friends.

<http://www.aacap.org>

National Association of Social Workers.

Includes resources for finding a clinical social worker.

<http://www.socialworkers.org>

Back to Campus



American Psychological Association

Includes online educational materials.

<http://www.apa.org>

American Psychiatric Association

Contains information about a variety of topics related to psychiatry.

<http://www.psych.org>

Screening for Mental Health

Provides information about screening days for depression, anxiety disorders, alcohol abuse and eating disorders.

<http://www.mentalhealthscreening.org>

National Alliance on Mental Illness (NAMI)

Provides support and advocacy organization for people with mental illnesses, their friends and families.

<http://www.nami.org>

National Institute of Mental Health

Federal government agency conducts research into mental illnesses and has educational materials on its website.

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

American College Counseling Association

Supports the practice of college counseling.

<http://www.collegecounseling.org>

American College Health Association

Advocates and educates around issues of college and university health.

<http://www.acha.org>

American College Personnel Association

Offers educational programming and publications to higher education student affairs professionals.

<http://www.acpa.nche.edu>

The BACCHUS and GAMMA Peer Education Network

Promotes peer education focusing on alcohol abuse prevention.

<http://www.bacchusgamma.org>

National Panhellenic Conference

Provides educational services related to higher education and women's issues.

<http://www.npcwomen.org>

www.mhawisconsin.org