

(We need a disclaimer here. While we believe the entities below to be reputable, we take no responsibility for any outside agency's claims and information. It is your responsibility to vet any sources you choose to use.)

**Disclaimer:**

*“The list includes organizations, websites, and resources related to mental health, various disorders, populations, and more. While every effort has been made to ensure the accuracy and reliability of the information, it is important to note that the content, availability, and services provided by these entities may change over time. Users are encouraged to independently verify the information, credentials, and services offered by these organizations and websites. The inclusion of any resource in this list does not imply endorsement or guarantee of the quality of services provided. Additionally, it is advisable to consult with a qualified healthcare professional or mental health expert for personalized advice and assistance. The "CHADD NorCal Resource List" should not be considered a substitute for professional medical or mental health advice, diagnosis, or treatment. Users should use their discretion and seek appropriate guidance when using the listed resources. CHADD NorCal and its contributors do not assume any responsibility for the use of these resources.”*

# CHADD NorCal Resource List

## Organizations

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### General

#### National Alliance on Mental Illness (NAMI)

The NAMI is a prominent national grassroots mental health advocacy organization with state organizations, affiliates, and volunteers. It serves as a valuable resource for support groups, free education, awareness campaigns, and community building.

#### Mental Health Resources (MHR)

MHR is a nonprofit that offers community-based mental health services to adults, particularly those dealing with medical, social, or substance-related comorbidities.

#### American Psychiatry Association

The American Psychiatry Association is the world's largest professional organization of psychiatrists. Their website provides "Let's Talk Facts" brochures on various mental health conditions, professional resources for psychiatrists, psychiatric residents, and medical students, as well as the latest news, research, government policies, and developments in psychiatry.

### Government

#### MedlinePlus - Mental Health

MedlinePlus, a part of the National Institutes of Health's National Library of Medicine, offers comprehensive information on mental health conditions, treatments, research, and related topics, including resources for patients, families, and friends.

## **World Health Organization (WHO) - Project Atlas**

The World Health Organization's Department of Mental Health and Substance Abuse's Project Atlas compiles information and resources related to mental health and neurology policies, statistics, medicines, professionals, information systems, and publications. It covers topics such as mental health in emergencies, maternal and child mental health, neurology and public health, disorders management, and suicide prevention, searchable by region, country, or worldwide.

## **U.S. Department of Health & Human Services - Mental Health**

Run by the U.S. Department of Health and Human Services, this website provides government information about mental health from various authoritative sources, including the Centers for Disease Control, National Institutes of Health, National Institute of Mental Health, Medline Plus, FindYouthInfo.gov, and Substance Abuse and Mental Health Services Administration. It offers information for the general public, healthcare providers, policymakers, schools, and communities.

## **Populations**

### **LESBIAN, GAY, BISEXUAL AND TRANSGENDER**

## **National Alliance on Mental Illness (NAMI) - LGBTQ**

NAMI's GLBT resources page provides a wealth of articles, videos, publications, research, and links to reputable organizations focused on GLBT mental health.

## **Centers for Disease Control & Prevention (CDC) - LGBTQ Youth**

The CDC maintains a dedicated section addressing health issues specific to LGBTQ youth.

## **LGBTQ National Help Center**

The GLBT National Help Center offers online peer support chats and confidential counseling services for the GLBT community via phone.

## **GLBT Near Me**

This website, managed by the GLBT National Help Center, hosts over 15,000 GLBT resources and tools to locate local community centers, youth groups, and support services.

## **The Trevor Project**

Founded by the creators of the Oscar-winning short film "Trevor," this organization specializes in suicide prevention and crisis intervention for LGBTQ youth aged 13 to 24.

## **American Psychological Association - Sexual Orientation & Gender Identity**

The American Psychological Association's Help Center on Sexual Orientation provides research and information on mental health issues related to sexual orientation.

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## **MILITARY/VETERANS**

### **U.S Department of Veterans Affairs (VA) - Mental Health**

The U.S. Department of Veterans Affairs website offers screening tools, a veterans crisis line, and a guide to mental health conditions commonly affecting veterans.

### **National Alliance on Mental Illness (NAMI) - Veterans and Active Duty**

NAMI's Veterans & Military Resource Center houses online discussion groups, information about veteran mental illnesses, and treatment information. It also includes advocacy resources for active-duty members, returning veterans, veteran families, veterans in recovery, veterans seeking employment, mental health providers, college faculty members, and women veterans.

## **MindWise - Military and Family Screenings**

Military Pathways, a website created by Screening for Mental Health and the Department of Defense, offers free, anonymous mental health and alcohol self-assessments for military members and their families, along with referral information for Department of Defense and Veterans Affairs services.

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## **MINORITY**

### **U.S. Department of Health & Human Services - Office of Minority Health**

The U.S. Department of Health and Human Services Office of Minority Health website provides statistics, news, and treatment information related to minority health.

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## **SENIORS**

### **National Institute on Aging - Health Information**

The National Institutes of Health offers an online repository of information, videos, and training tools addressing senior health, including mental health and wellness.

### **National Council on Aging - Behavioral Health**

The National Council on Aging promotes programs aimed at assisting seniors in coping with mental health issues such as depression, anxiety, and addiction.

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## **WOMEN**

### **Office on Women's Health - Mental Health Resources**

The U.S. Department of Health and Human Services' Office on Women's Health provides access to research, publications, Surgeon General Reports, and general

information related to women's mental health issues, covering concerns related to pregnancy, conception, menstruation, menopause, women veterans, suicide prevention, and mental illnesses.

## **National Institute of Mental Health (NIMH) - Women and Mental Health**

The National Institutes of Health's Women and Mental Health index contains information, research, and publications related to women's mental health.

## **World Health Organization (WHO) - Gender & Women's Mental Health**

The World Health Organization website includes a section on global mental health concerning gender and gender disparity.

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## **YOUTH, TEENS, SCHOOL & COLLEGE STUDENTS**

### **U.S. Department of Health & Human Services - Mental Health in Adolescents**

The U.S. Department of Health and Human Services Office of Adolescent Health offers information on adolescent mental health across states, adolescent mental health disorders, and access to care.

### **The Jed Foundation**

The Jed Foundation is dedicated to the mental and emotional health of college students and preventing suicide in this population. It provides online self-assessment and resource programs for students and campuses, along with training tools for campus professionals to enhance their mental health services for students.

## **U.S. Government - Youth Mental Health**

This hub compiles government information related to youth mental health issues, covering topics such as substance abuse, LGBT issues, bullying, and homelessness.

## **ULifeline**

ULifeline, a project of the Jed Foundation, offers a free, confidential online resource about emotional health to over 1,500 colleges and universities.

## **LawLifeline**

LawLifeline, a joint project of the Jed Foundation and Dave Nee Foundation, is a free, anonymous, and confidential online resource for law school students seeking information about depression, anxiety, suicide, stress, and self-harm.

## **UCLA - Center for Mental Health in Schools and Student Learning Support**

The UCLA Center for Mental Health in Schools created the School Mental Health Project, an online collection of tools, research, publications, and resources for school practitioners and professionals.

# **Disorders**

## **ANXIETY, OCD, PTSD & DEPRESSION**

### **Anxiety and Depression Association of America (ADAA) - Online Resources**

The Anxiety and Depression Association of America raises awareness, promotes research, and offers referrals for individuals dealing with anxiety, depression, obsessive-compulsive disorder, post-traumatic stress disorders, and related disorders.

## **Freedom from Fear**

Freedom from Fear, a nonprofit advocacy organization, provides research-based information and treatment referrals for anxiety and depression.

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## **AUTISM/ASPERGER'S**

### **Autism Speaks**

Autism Speaks is a leading organization dedicated to autism research and advocacy. Their website offers links to apps, toolkits, and a resource guide for individuals and families affected by autism spectrum disorders.

### **The Arc - Autism Now**

The Autism NOW Center provides resources, fact sheets, webinars, newsletters, and a call center for individuals with autism spectrum disorders and their families, covering topics such as early detection, intervention, education, transition, aging, community inclusion, long-term care, and healthcare reform.

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## **BIPOLAR**

### **Depression & Bipolar Support Alliance**

The Depression and Bipolar Support Alliance, led by individuals with depression and bipolar disorder, offers support groups, peer specialist training, wellness tools, research, podcasts, brochures, publications, and information for clinicians.

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## **EATING DISORDERS**



## **National Eating Disorders Association**

The National Eating Disorders Association supports individuals with eating disorders and their families. It provides an information and referral helpline, extensive resources on eating disorder prevention, treatment, and recovery, as well as handouts and toolkits for parents, coaches, educators, and forums for discussion and recovery stories.

## **Proud2Bme**

Proud2Bme is an online community for teenagers that promotes healthy body image.

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## **SCHIZOPHRENIA**

### **Brain & Behavior Research Foundation**

The Brain & Behavior Research Foundation grants funding to scientists conducting research on causes and treatments for various mental disorders, including schizophrenia, obsessive-compulsive disorder, depression, anxiety, bipolar disorder, post-traumatic stress, attention-deficit hyperactivity, and autism.

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## **SUBSTANCE ABUSE**

### **Substance Abuse & Mental Health Services Administration (SAMHSA)**

SAMHSA, an agency of the U.S. Department of Health and Human Services, conducts mental health campaigns and offers information on health reform for providers, families, and individuals. It also provides a helpful online behavioural treatment services locator.

## **Additional Resources**

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### **Diagnostic**

## **American Psychiatric Association - DSM-5**

The website for the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) offers complementary information about the classification, assessment, symptoms, and treatment of mental disorders.

## **Mayo Clinic - Mental Illness**

The Mayo Clinic, one of the world's largest medical practice and research groups, provides reliable physician-backed information about mental illness, including definitions, causes, symptoms, prevention, treatment, and support.

## **MindWise Mental Health Screenings**

MindWise offers screenings for mental health concerns, providing military members and their families with free, anonymous mental health or alcohol self-assessments.

## **Getting Help**

### **Substance Abuse & Mental Health Services Administration (SAMHSA) - Behavioral Health Treatment Locator**

SAMHSA's behavioural treatment services locator helps individuals find appropriate mental health professionals in their area.

## **Half of Us**

Half of Us, a project by mtvU and the Jed Foundation, encourages public dialogue about youth mental health issues and provides high school and college students with resources to find help

## **Psychology Today - Find a Therapist**

Psychology Today's "Find a Therapist" service assists users in locating mental health professionals in their local area.

## **American Psychological Association - Psychology Help Center**

The American Psychological Association's Help Center includes a "Find a Psychologist" directory and resources for work and school, family and relationships, health and emotional wellness, disasters and terrorism, and managed care and health insurance.

## **Support**

### **Mental Health America**

Mental Health America is a community-based network with 240 nationwide affiliates that provide services such as counselling referrals, support, and assistance for homeless individuals.

### **National Council for Behavioral Health**

The National Council for Behavioral Health consists of over 2,000 member mental health and substance abuse treatment organizations. Notable for creating Mental Health First Aid, a public education initiative, that aims to increase early detection and intervention in mental illness.

## **Hotlines**

### **UCLA - Center for Mental Health in Schools & Student Learning Support - Hotlines**

UCLA's School Mental Health Project has compiled a list of hotlines that are useful for school practitioners.

### **Safe Horizon**

Safe Horizon, a sexual assault prevention and awareness organization, provides a hotline for domestic violence victims, sexual assault victims, and crime victims, offering 24/7 free crisis counselling and safety planning.

## **National Suicide Prevention Lifeline**

The National Suicide Prevention Lifeline offers a confidential, toll-free, 24-hour suicide prevention hotline. Call 1-800-273-TALK for counseling and local referrals.

## **Teen Health & Wellness**

Teen Health & Wellness provides a list of hotlines for teens facing issues ranging from bullying and abuse to drugs and eating disorders.

## **National Domestic Violence Hotline**

The National Domestic Violence Hotline offers 24/7 counseling and support to victims of domestic violence and abuse at 1-800-799-SAFE (7233).

## **Veterans Crisis Line**

The Veterans Crisis Line provides confidential help for veterans and their families at 1-800-273-8255.

# **Further Reading**

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## **General Information**

### **PsychCentral - Resources**

PsychCentral is a comprehensive directory of mental health resources, including general information, blogs, online communities, support groups, articles, quizzes, and books.

### **American Psychological Association**

The official website of the American Psychological Association, represents over 130,000 clinicians, researchers, consultants, educators, and students.

## **American Psychiatric Association**

The official website of the American Psychiatric Association is the world's largest psychiatric organization with over 35,000 member psychiatrists.

## **About - Mental Health Resources**

About.com offers a collection of articles covering various mental health topics.

## **U.S. Government - Mental Health & Substance Abuse Resources**

The U.S. government's web portal provides a wide range of federal resources and information related to mental health.

## **Psychology Today**

Psychology Today's website features articles on various psychology topics authored by experts in the field.

## **Blogs**

### **National Alliance on Mental Health (NAMI) Blogs**

NAMI shares insights from mental health professionals on a wide range of topics, offering education, recommendations, and real-life stories about living with mental illness.

### **PsychCentral - Mental Health Blogs**

PsychCentral maintains an extensive collection of mental health blogs, subject to community ratings.

### **Psychology Today - Blog Directory**

*Psychology Today offers a directory of blogs run by mental health professionals and experts in various speciality areas.*