

Mental Health Resources by Wes

Recommended Apps

Calm (meditations, sleep music)

HeadSpace (meditations)

Simple Habit (meditations)

UCLA Mindful (free guided meditations)

iBreathe (breathing exercises)

Noom Mood (daily habits coaching for stress and anxiety)

Daylio Journal (mood tracker)

CBT-I Coach (cognitive behavioral therapy for insomnia)

General Resources

National Alliance on Mental Health

<https://www.nami.org/>

The National Association of Mental Illness is the largest nationwide mental health advocacy grassroots organization with hundreds of state organizations, affiliates and volunteers. It is a hub for support groups, free education, raising awareness and building community.

Mental Health Resources; nonprofit

<http://www.mhresources.org/>

American Psychiatry Association

<http://www.psychiatry.org/mental-health/>

The American Psychiatry Association is the largest professional membership organization of psychiatrists in the world. The APA website hosts “Let’s Talk Facts” brochures on a range of illnesses, professional resources for psychiatrists, psychiatric residents and medical students. It publishes up-to-date news, research, government policies and developments in psychiatry

Medline-Plus - Mental Health

<https://medlineplus.gov/mentalhealth.html>

This is the National Institutes of Health's collection of resources from the National Library of Medicine. It includes information about conditions, treatments, patients, families and friends, latest research, drugs and supplements, terminology and definitions, videos, illustrations and clinical trials

World Health Organization - Project Atlas

http://www.who.int/mental_health/evidence/atlas/en/

The World Health Organization's Department of Mental Health and Substance Abuse has a Project Atlas, which compiles resources and information about mental health and neurology policies, prevalence, statistics, medicines, professionals, information systems and publications. Topics covered include mental health in emergencies, maternal and child mental health, neurology and public health, disorders management and suicide prevention. Information can be searched by region, country or worldwide

US Dept of Health and Human Services - Mental Health

<http://www.mentalhealth.gov/>

This website, run by the U.S. Department of Health and Human Services provides government information about mental health taken from 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. The information is for the general public, health care providers, policymakers, schools and communities.

Mayo Clinic - Mental Illness

<http://www.mayoclinic.org/diseases-conditions/mental-illness/basics/definition/con-20033813>

The Mayo Clinic, the largest medical practice and research group in the world, provides reliable physician-backed information about mental illness definitions, causes, symptoms, prevention, treatment and support.

American Psychiatric Association - DSM-5 (Diagnostic Manual)

<http://www.dsm5.org/Pages/Default.aspx>

The website of the current edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) provides complementary information to its print edition about the classification, assessment, symptoms and treatment of mental disorders.

Seniors

National Council on Aging - Behavioral Health

<https://www.ncoa.org/center-for-healthy-aging/behavioral-health/>

The National Council on Aging promotes programs that help seniors cope with mental health issues like depression, anxiety, addiction and more

National Institute on Aging - Health Information

<https://www.nia.nih.gov/health>

The National Institutes of Health provides this online index of information, videos and training tools about senior health, including mental health and wellness.

Youth

US Dept of Health and Human Services - Mental Health in Adolescents

<https://www.hhs.gov/ash/oah/adolescent-development/mental-health/index.html>

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

Mental Health Amongst Youth

<https://youth.gov/youth-topics/youth-mental-health>

This is a hub of government information about youth mental health issues, including substance abuse, LGBT issues, bullying and homelessness.

Positiv.ly

<https://positiv.ly/>

This is a local effort to provide teens and youth with resources and community in a safe space.

Dayton Children's Pediatric Behavioral Health

<https://www.childrensdayton.org/patients-visitors/services/behavioral-health>

Cincinnati Children's Behavioral Health

<https://www.cincinnatichildrens.org/service/b/behavioral>

Nationwide (Columbus) Children's Behavioral Health

<https://www.nationwidechildrens.org/specialties/behavioral-health>

Anxiety and Depression

Anxiety and Depression Association of America - Online Resources

<http://www.adaa.org/living-with-anxiety/ask-and-learn/resources>

The Anxiety and Depression Association of America raises public and professional awareness, promotes research advancement and provides referrals for children and adults with anxiety, depression, obsessive-compulsive disorder, post-traumatic stress disorders and related disorders. The website provides information about these conditions, their treatment and resources for professionals.

Freedom from Fear

<http://www.freedomfromfear.org/>

This is the website of the nonprofit advocacy organization Freedom from Fear. It contains a wealth of research-based information and treatment referrals for anxiety and depression.

ADHD

American Academy of Family Physicians - Adult ADHD Toolkit

<https://www.aafp.org/family-physician/patient-care/prevention-wellness/emotional-wellbeing/adhd-toolkit.html>

Children and Adults with Attention-Deficit/Hyperactivity Disorder

<https://chadd.org/>

Numerous resources including education, support, toolkits, treatments, and publications.

American Academy of Child and Adolescent Psychiatry - ADHD Resource Center

https://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/Home.aspx

Eating Disorders

National Eating Disorders Organization

<https://www.nationaleatingdisorders.org/>

The National Eating Disorders Association is a nonprofit supporting people with eating disorders and their families. It provides an information and referral helpline, extensive information about eating disorder prevention, treatment and recovery, as well as handouts and toolkits for parents, coaches and educators, and forums for discussion and stories of recovery. The website is also available in Spanish

Proud To Be Me

<http://proud2bme.org/>

An online community for teens that encourages healthy body image.

National Association of Anorexia Nervosa and Associated Disorders (ANAD)

<https://anad.org/>

ANAD is the leading nonprofit in the U.S. that provides free, peer support services to anyone struggling with an eating disorder.

Substance Use Disorders

Substance Abuse and Mental Health Services Association

<http://www.samhsa.gov/>

The Substance Abuse and Mental Health Services Administration, the U.S. Department of Health and Human Services agency on behavioral health, runs several mental health campaigns and has information on health reform for providers, families and individuals. SAMHSA also has a helpful online behavioral treatment services locator.

Mont. County ADAMHS (Alcohol, Drug Addiction, and Mental Health Services) Board

<https://www.mcadamhs.org/>

The Montgomery County (Ohio) ADAMHS board website includes information on local treatment options, peer support, community groups and initiatives, and more.

Alcoholics Anonymous

[Www.aa.org](http://www.aa.org)

Narcotics Anonymous

[Www.NA.org](http://www.NA.org)

Shatterproof

<https://www.shatterproof.org/about-us>

This organization is a national nonprofit that provides numerous resources to patients and families struggling with addiction. Their website includes resources to find treatment, information and education, and more.

American Addiction Centers - Online Resources

<https://americanaddictioncenters.org/online-resources>

LGBTQIA Resources

National Alliance on Mental Illness - LGBTQIA

<https://www.nami.org/Find-Support/LGBTQ>

The National Alliance on Mental Illness LGBTQIA resources page contains articles, videos, publications, research and links to prominent organizations about LGBTQIA mental health.

Center for Disease Control - LGBT Youth Health

<http://www.cdc.gov/lgbthealth/youth.htm>

The Centers for Disease Control maintains a section about LGBT youth health issues.

The Trevor Project

<http://www.thetrevorproject.org/>

The creators of the Oscar-winning short film “Trevor” founded The Trevor Project. The organization provides suicide prevention and crisis intervention for LGBTQ youth between the ages of 13 and 24.

The American Psychological Association - SexualOrientation and Gender Identity

<https://www.apa.org/helpcenter/sexual-orientation>

The American Psychological Association’s Help Center on Sexual Orientation’s website provides research and information on mental health issues surrounding sexual orientation.

Minorities

US Dept of Health and Human Services - Dept of Minority Health

<https://www.Locatiminorityhealth.hhs.gov/>

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

Psychiatric Medication Info

Information regarding medications:

[Www.drugs.com](http://www.drugs.com)

<https://crediblemeds.org/everyone>

<https://www.nimh.nih.gov/health/topics/mental-health-medications>

Discount codes to reduce cost

<https://www.goodrx.com/>

How to Find Help

Behavioral Health Treatment Locator

<https://findtreatment.gov/>

Psychology Today - Find a Therapist

http://therapists.psychologytoday.com/rms/?utm_source=PT_Psych_Today

The Find a Therapist service from Psychology Today helps users find mental health professionals in their area.

American Psychological Association - Help Center

<https://www.apa.org/helpcenter/index.aspx>

The American Psychological Association's Help Center contains a Find a Psychologist directory and help resources in the areas of work and school, family and relationships, health and emotional wellness, disasters and terrorism, and managed care and health insurance.

Mental Health America

<http://www.mentalhealthamerica.net/>

Mental Health America is a community-based network with 240 nationwide affiliates that provide services such as counseling referrals, support and finding housing for the homeless.

Local Help Now - Montgomery County

<https://montgomerycounty.localhelpnowapp.com/>

This is a local website (and app) that provides information on how to find local treatment, provides links to crisis lines, support lines, and various other community resources.

Emergency/crisis Intervention

National Crisis Text Line

Text HOME to 741741 to connect with a counselor 24/7.

National Suicide Prevention Lifeline

This is a confidential, toll-free, 24-hour suicide prevention hotline. Call 1-800-273-TALK to receive counseling and local referrals

National Domestic Violence Hotline

<http://www.thehotline.org/>

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