

Online Resources

PsychCentral

psychcentral.com/disorders

Mentalhealth.gov

mentalhealth.gov

National Mental Health Consumers' Self-Help Clearinghouse

mhselfhelp.org



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Quick Picks from the Librarians at the National Rehabilitation Information Center

Information Resources for Mental Health



NARIC

www.naric.com

When there are no easy answers...

According to the American Psychological Association: "some 84 percent of Americans realize that good mental health plays an important role in their overall health and well-being, yet the same research shows that almost half of Americans don't know when it's appropriate to seek professional help."

In addition, the National Institute of Mental Health estimates that 22.1 percent of Americans over the age of 18 have a diagnosable mental disorder or disability. Psychological, behavioral, and psychiatric disabilities account for four of the ten leading causes of disability.

The organizations, agencies, and websites listed in this brochure can help you seek information, treatment, and support for you, a friend, or a family member.

These and other resources are also available from our "browse by topic" webpage at www.naric.com!



Information and Support

National Alliance on Mental Illness (NAMI)

Toll Free: 800/950-NAMI (6264)

nami.org

NAMI is a nonprofit support organization for people with mental illness and their families and friends. Volunteers at local affiliates and state organizations provide education, support, and advocacy in their communities. The website includes online communities, publications, and other resources. Registration is free, but required for some areas of the site.

The National Association for the Dually Diagnosed (NADD)

Toll Free: 800/331-5362

thenadd.org

NADD is a national organization designed to educate the professional community, support parents, and advocate for resources for people who have psychiatric disorders and intellectual/developmental disabilities. NADD publishes a journal, bulletin and newsletter, offers consulting and training services, print and multiple audiovisual materials, and sponsors regional and national conferences. Promotes awareness of and resources for individuals who have an intellectual disability co-occurring with a mental health disorder.

National Institute of Mental Health (NIMH)

Toll Free: 866/615-6464, 866/415-8051 (TTY)

nimh.nih.gov

The National Institute of Mental Health conducts research to transform the understanding and treatment of mental illness. The Mental Health Section section



provides resources on specific disorders, as well as general mental health. Brochures & Fact Sheets page includes booklets, factsheets, and easy-to-read materials on a variety of mental health topics.

Mental Health America (MHA)

Toll Free: 800/969-6642

mentalhealthamerica.net

Mental Health America is focused on: prevention for all, early identification and intervention for those at risk, integrated health and behavioral health care for those who need it, and recovery as a goal. Through more than 200 affiliates across the country, MHA provides a broad range of programs and services including housing services to those confronting mental health issues, offering support groups, information and referrals, and providing programs and services in communities.

American Academy of Child and Adolescent Psychiatry (AACAP)

Phone: 202/996-7300

aacap.org

The AACAP works to promote an understanding of mental illnesses and remove the stigma associated with them; advance efforts in prevention of mental illnesses, and assure proper treatment and access to services for children and adolescents. Website provides information for youth and families, professionals and students, resources and downloadable publications on specific disorders, and the child and adolescent psychiatrist finder.

National Federation of Families for Chil-



Children's Mental Health (FFCMH)

Phone: 240/403-1901

ffcmh.org

FFCMH is a national family-run organization linking more than 120 chapters and state organizations that provide resources, tools, support, and services to children and youth with emotional, behavioral, and mental health challenges, and their families.

Depression and Bipolar Support Alliance (DBSA)

Toll Free: 800/826-3632

dbsalliance.org

With nearly 600 support groups and more than 200 chapters, DBSA's mission is to provide hope, help, support, and education to improve the lives of people who have mood disorders. The website has information on an extensive variety of topics, wellness toolbox, brochures, peer support, find a professional, and more.

National Empowerment Center (NEC)

Toll Free: 800/power2u (769-3728)

power2u.org

The National Empowerment Center seeks to carry a message of recovery, empowerment, hope, and healing to people with lived experience with mental health issues, trauma, and/or extreme states, consumers, and professionals. NEC provides referral (English/Spanish) and information about topics such as advance directives, shock treatment, schizophrenia, self-help groups and advocacy organizations in your area, self-help techniques, coping with depression and more. Maintains a list of consumer-run statewide organizations.

Treatment and Therapy



SAMHSA's National Helpline

Toll Free: 800/662-HELP (4357)

www.samhsa.gov/find-help/national-helpline

Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour-a-day free and confidential treatment referral and information service about mental and/or substance use disorders, prevention, and recovery in English and Spanish. Wide variety of publications and other resources are available to download.



American Psychological Association (APA)

Toll Free: 800/374-2721, 202/336-5500

apa.org

The APA is a scientific and professional organization that represents psychology in the United States with more than 118,000 members. The APA promotes psychology through supported research, publications, and public education. The website includes topic pages, publications, member resources, and the Psychology Help Center that provides resources for consumers.

American Psychiatric Association

Toll Free: 888/35-PSYCH (357-7924)

psychiatry.org

Website section for the public has information on a variety of topics.

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