

Helpful Websites

Help pages

Child Mind Institute

Dedicated to transforming the lives of children struggling with mental health and learning disorders.

Symptom Checker

The Symptom Checker analyzes your answers to give you a list of psychiatric or learning disorders that are associated with those symptoms.

Anxiety Basics

In this guide you'll learn the signs and symptoms of different anxiety disorders, and how they are treated.

Parents Guide to Getting Good Care

"In this guide we take you through the steps to finding the best professional (or team) for your child, and the most appropriate treatment for the disorder or disability."

Teen Mental Health.org

Great resource on Teen Mental Health for teens and families

ok2Talk

A place where teens can share what's on their mind

National Suicide Prevention Lifeline

24-Hour Suicide Hotline
1-800-273-TALK (8255)

National Alliance on Mental Illness

The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

National Institute of Mental Health (NIMH)

Transforming the understanding and treatment of mental illnesses.

Substance Abuse and Mental Health Services Administration (SAMHSA)

The agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

Behavioral Health Treatment Services Locator

A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S.

Depression and Bipolar Support Alliance

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

<http://kathyeugster.com/articles/article004.htm>

Anxiety in Children

Generalized Anxiety Disorder Basics

In this guide you'll find common signs and symptoms of GAD, criteria used

for diagnosis and up-to-date treatment options.

Acute Stress Disorder

Acute Stress Disorder is a less severe and long-lasting condition than the better-known post-traumatic stress disorder (PTSD).

Separation Anxiety Disorder Basics

In this guide you'll find information on how to recognize separation anxiety, how it's diagnosed and how it's treated.

<https://www.helpguide.org/>
Separation Anxiety in Children

<https://www.teenlife.com/category/therapeutic/>
Therapeutic Schools

<http://anxieties.com/>
Links to Dozens of Anxiety Related Resources

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>
Types of Treatment

ADAA.org
The Anxiety Disorders Association of America, the national non-profit organization for consumers, clinicians and researchers.

Anxiety Australia
Helpful resources for those in Australia.

Anxiety Coach
Lots of good advice on several anxiety disorders from a leading expert.

Anxiety No More
Informational site from an ex-sufferer of anxiety.

Anxiety Recovery
Anxiety Disorder Treatment and Recovery in West Los Angeles.

BluePages
Comprehensive, evidence-based information about depression and its treatment (including medical, psychological and alternative therapies). BluePages also includes interactive depression and anxiety quizzes, descriptions of the experience and symptoms of depression, a relaxation download, and extensive resources for help. Participation is free and anonymous.

Calm Clinic
A website that shows anxiety sufferers where to start treating their anxiety. It covers topics such as treatment, symptoms, causes, methods, specific issues related to anxiety, diet considerations and many other topics.

Depression Guide
Guide to the entire range of mental health disorders. Shows that anxiety disorder has many different forms as well as degree of severity with treatment options.

Ecouch.anu.edu.au
e-hub's latest interactive self-help program includes modules for social anxiety, generalised anxiety and depression. It provides self-help

training drawn from cognitive, behavioural and interpersonal therapies as well as relaxation and exercise. Participation is free and anonymous. Modules for panic disorder, bereavement and relationship breakdown will be deployed in 2010.

www.factsforhealth.org
Resources for social anxiety and PTSD from a non-profit organization.

www.healingwell.com
A guide to diseases, disorders and chronic illness. Go to "Conditions" and find the Anxiety-Panic Resource Center.

www.health-care-clinic.com
Online health care guide for family, men, women, child. Information on all diseases with their symptoms, treatment, causes and info on drugs starting from A to Z.

www.myanxietycompanion.com
Developed by women who suffers from an anxiety disorder who wants to impart her opinions, book reviews, and other self-help and consumer guidance for others with anxiety.

www.soberrecovery.com
Alcohol, drug abuse and recovery issues in general

www.total-health-care.com/
Advice on how to maintain a healthy lifestyle from infancy to old-age.

<https://www.tuck.com/anxiety-guide-sleep/>

An excellent resource for sleep and anxiety, and good sleep health.

<https://upgradedpoints.com>
This is a fine review of some basic but helpful resources for the fear of flying, including some newer apps and a high-quality, infographic.

www.way2hope.org/changing_mental-emotional_health.htm

Help with fear, anxiety, insecurity, panic, depression, grief, addictions, eating disorders, etc.

Waypoint Academy

A specialized boarding school of 36 students and is dually-licensed as an independent school and residential treatment center.

Mountain Valley Treatment Center

A unique, non-profit, short-term residential treatment center for adolescent boys and girls struggling with OCD and anxiety disorders.

Forefront

A Washington State nonprofit offering advances in innovative approaches to suicide prevention ... Goal: To reduce the suicide rate in Washington State by twenty percent by 2020.

The Stability Network

A growing community of people who successfully live and work with mental health conditions. We openly share our own paths to stability to inspire hope and help others find theirs.

Cognitive Behavioral Therapy (CBT)

www.moodgym.anu.edu.au

A popular interactive program that teaches cognitive-behaviour therapy skills for preventing and coping with depression. MoodGYM has been extensively researched and its effectiveness has been demonstrated in randomised controlled trials. Participation is free and anonymous.

www.cogbtherapy.com/about-cbt

This site provides great information for potential clients about the various forms of cognitive behavioral therapy and what a client can expect in treatment.

Find a CBT Therapist

Find a Cognitive Behavioral Therapist

Mindfulness

MindfulRecovery.com

Life-long anxiety reduction is taught in a 8 phase program that integrates Mindfulness Meditation and Cognitive Behavioral Therapy.

USC School of Social Work

USC School of Social Work's [online MSW program](#) provides a Mindfulness for Healthy Living Toolkit containing a list of mindfulness tips, tricks, and meditations which can support mental health recovery and act as an early intervention tool.

Susan Kaiser-Greenland

Susan Kaiser-Greenland is expert in mindfulness and education.

Mindfulness in schools

Mindfulness in schools

UK Mindfulness in schools

UK Mindfulness in schools

Koru Mindfulness

Mindfulness for College Students, twenty somethings

Inward Bound Mindfulness Education

Mindfulness retreats for teens