

## Mental Health Resources

<http://www.al-anon.alateen.org> Al-anon/Alateen is a non-profit organization that helps families and friends of an alcoholic recover from the effects of living with the problem drinking of a relative or friend

<http://aacap.org> American Academy of Child and Adolescent Psychiatry

<http://www.afsp.org> American Foundation for Suicide Prevention

<http://www.bullying.co.uk> Features advice about bullying for parents, adolescents and teachers, as well as info for school projects

[www.bullying.org](http://www.bullying.org) Supportive community where people can learn that they are not alone in dealing with the issues of bullying and teasing

<http://www.counselingreferrals.com> Provides assistance in locating a counseling professional

<http://www.counseling.org> Website of the American Counseling Organization that provides information on various counseling issues

<http://www.DepressedTeens.com> Educational site dedicated to help teenagers and their parents and educators understand the signs and symptoms of teenage depression.

[www.depression.freeservers.com/garden.html](http://www.depression.freeservers.com/garden.html) A resource for parents of depressed kids; features a chat room and links.

<http://www.dougy.org> The Doughty Center for Grieving Children and Teens is an online resource for grieving children, teens and the people who care about them

<http://familyeducation.com> Parents find educational information, games, activities, parenting ideas and advice on learning disabilities

<http://www.health.org> Alcohol and drug information

<http://www.helpmyteen.com> Referral website for teens having problems with family, school, drugs, alcohol, violence and friends

<http://www.intelihealth.org/mentalhealth> Provides a general overview of mental health issues and resources.

<http://www.keepschoolssafe.org> A resource for school violence prevention and safety

<http://www.mentalhelp.net> American Foundation for Suicide Prevention

<http://www.mentalhealth.org> Center for Mental Health Services Knowledge Exchange Network.

<http://www.nami.org/youth/index.html> Youth section of the website for the National Alliance for the Mentally Ill. Gives resources, local contacts, latest research on medication and treatment, school issues.

<http://www.nccre.org> National Center for Conflict Resolution and Education

<http://www.ndmda.org> National Depressive, Manic Depressive Association

<http://www.nimh.nih.gov> National Institute of Mental Health provides information and resources on prevention, treatment and rehabilitation service for mental illness. Provided by the US Dept. of Health and Human Services

<http://www.nprinc.com> The National Professional Resources, Inc. distributes books to parents and schools, specializing in character development, study skills and various adolescent issues

<http://www.nrscrisisline.org> National Runaway Switchboard is a 24 hours-a-day hotline for youth, teens and parents

<http://www.onstartinghighschool.com> Information for freshmen to ease the transition to high school

<http://www.parentscount.net> Provides useful resources on various parenting topics

<http://www.save.org> Suicide help lines and information

<http://www.teachingtolerance.org> Teaching Tolerance Magazine provides information to parents on how to talk with teens about tough topics

<http://www.windsofchange.com/index.html> An artistic site for those suffering from depression with helpful tips and information--attractive for teens.