

## **Additional Resources**

### **Learning Disabilities and Attention Deficit Disorders**

Information for individuals with ADHD (ADD) and their families:

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

Self-Management Strategies for Adults with ADHD (ADD):

[http://www.helpguide.org/mental/adhd\\_add\\_adult\\_strategies.htm](http://www.helpguide.org/mental/adhd_add_adult_strategies.htm)

Information for individuals with learning disabilities and their families:

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

Strategies for parents of children with learning disabilities and other special education needs:

<http://www.greatschools.org/special-education.topic?content=1541>

Parenting and discipline tips:

[http://specialed.about.com/od/behavioremotional/Behavior\\_and\\_Emotional\\_Disabilities.htm](http://specialed.about.com/od/behavioremotional/Behavior_and_Emotional_Disabilities.htm)

American Academy of Child & Adolescent Psychiatry (AACAP):

<http://www.aacap.org/page.wv?section=Related+Web+Sites&name=Related+Web+Sites>

### **Autism Spectrum Resources**

Autism Society of America (ASA):

<http://www.autism-society.org/>

Information about autism spectrum disorders:

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

A check of developmental milestones and possible symptoms of autism spectrum disorders:

<http://www.cdc.gov/ncbddd/actearly/index.html>

### **Child Bipolar Disorder**

Child and Adolescent Bipolar Foundation (CABF):

<http://www.bpkids.org/connect/find?types=Support+Group>

### **Nationwide Help**

National Alliance on Mental Illness (NAMI):

[http://www.nami.org/Template.cfm?section=your\\_local\\_NAMI](http://www.nami.org/Template.cfm?section=your_local_NAMI)

### **Anxiety**

Anxiety self-help strategies:

<http://www.anxieties.com/>

Anxiety Disorders Association of America:

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

International OCD Foundation:

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

University of Michigan Stress and Anxiety Disorders Program (online screenings and other tools):

<http://www.psych.med.umich.edu/anxiety/>

### **Finding Help**

American Psychological Association Psychologist Search (find a psychologist in your area):

<http://locator.apa.org/>

National Association of Social Workers Clinical Social Worker Search:

<http://www.helpstartshere.org/common/Search/search.asp>

National Board for Certified Counselors Search:

<http://www.nbcc.org/counselorfind>

Online depression screening:

<http://www.depressioncenter.org/screening/>

Resources for self care, mood charting, and support groups for depression:

[http://www.dbsalliance.org/site/PageServer?pagename=empower\\_toolbox](http://www.dbsalliance.org/site/PageServer?pagename=empower_toolbox)

### **Eating disorder prevention**

Weight loss, healthy eating, and exercise resources:

<http://www.move.va.gov/Default.asp>

### **Pain**

National Pain Foundation:

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

### **Substance Abuse**

Substance Abuse and Mental Health Services Administration (SAMHSA):

<http://store.samhsa.gov/home>

Alcohol use screening test:

<http://counsellingresource.com/lib/quizzes/drug-testing/alcohol-mast/>

Drug use screening test:

<http://counsellingresource.com/lib/quizzes/drug-testing/drug-abuse/>

### **Suicide Prevention**

Support for individuals who are in a suicidal crisis:

<http://www.hopeline.com/>

### **Stroke**

American Stroke Association:

<http://www.strokeassociation.org/STROKEORG/>

### **Brain Injury Services**

Brain Injury Association of America:

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

Guide on Acute Brain Injury for Families:

<http://www.uihealthcare.com/topics/medicaldepartments/neurosurgery/braininjury/index.html>

3-D Brain Anatomy:

<http://www.pbs.org/wnet/brain/3d/>

Traumatic Brain Injury Survival Guide:

<http://www.tbiguide.com/>

National Rehabilitation Information Center (information on disability and rehabilitation):

<http://www.naric.com/>

### **Vocational Services**

Research, employment, and advocacy for individuals with disabilities:

<http://www.cde.tennessee.edu/>