

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

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

American Academy of Child & Adolescent Psychiatry (AACAP):

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

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):

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

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/find-a-social-worker>

National Board for Certified Counselors Search:

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

Online depression screening:

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

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

http://www.dbsalliance.org/site/PageServer?pagename=wellness_personal_wellness_tools

Eating disorder prevention

Weight loss, healthy eating, and exercise resources:

<https://www.move.va.gov/>

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://health.mo.gov/living/families/shcn/pdf/TBIGuideGreenBook.pdf>

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:

Washington State Division of Vocational Rehabilitation

<https://www.dshs.wa.gov/ra/division-vocational-rehabilitation>

Idaho Division of Vocational Rehabilitation

<https://vr.idaho.gov/>

Department of Veterans Affairs' Division of Vocational Rehabilitation

<http://www.benefits.va.gov/VOCREHAB/>