

## **Learning, Attention Deficit/Hyperactivity, & other Neurodevelopmental Disorders**

Information for individuals with ADHD (ADD) and their families: <http://www.chadd.org/>

Self-Management Strategies: [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/>

For parents: <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/>

Autism Society of America (ASA [Resources for Autism Spectrum Disorder]):

<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 (Obsessive Compulsive Disorder) 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's 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](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/>

Brain Injury Alliance of Washington: <https://www.biawa.org/>

## **Traumatic (and *acquired*) Brain Injury Services**

Brain Injury Association of Washington: <https://www.biawa.org/>

Brain Injury Association of America: <http://www.biausa.org/>

American Stroke Association (*acquired* brain injury): <http://www.strokeassociation.org/STROKEORG/>

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**

Washington State Division of Vocational Rehabilitation (DVR [research, employment, and advocacy for individuals with disabilities]): <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/>