

LINKS TO MENTAL HEALTH RESOURCES

*adapted from Fordham University Counseling and Psychological Services

GENERAL WEBSITES AND BROCHURES:

1. <http://www.goaskalice.columbia.edu/>
2. <http://www.planetpsych.com/>
3. <http://psychcentral.com/>
4. <http://www.cyberpsych.org/>
5. <http://www.dr-bob.org/vpc/>
6. <http://xculture.org/>
7. <http://www.acha.org/>
8. <http://www.apa.org/>
9. <http://www.nimh.nih.gov/index.shtml>
10. <http://www.apa.org/helpcenter/>
11. <http://www.ulifeline.org/>
12. <http://www.nami.org/>

ALCOHOL AND OTHER DRUGS:

1. <http://www.aa.org/>
2. <http://www.nacoa.org/links.htm>
3. <http://www.phoenixhouse.org/>
4. <http://www.collegedrinkingprevention.gov/>
5. <http://www.addictionresourceguide.com/>
6. <http://store.samhsa.gov/home>
7. <http://www.alcoholscreening.org/Home.aspx>

ANXIETY/STRESS:

1. <http://www.adaa.org/>
2. <http://algy.com/anxiety/wordpress/>
3. <http://www.mayoclinic.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/test-anxiety/FAQ-20058195>
4. <http://www.ptsd.va.gov/>
5. <http://www.apa.org/topics/anxiety/panic-disorder.aspx>
6. <http://www.mayoclinic.org/diseases-conditions/panic-attacks/basics/definition/con-20020825>
7. <http://www.npadnews.com/>
8. <http://www.guidetopsychology.com/>
9. <http://www.panicattacks.com.au/>
10. <https://www.verywell.com/panic-disorder-4014676>
11. <http://www.campuscalm.com/>

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD):

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

2. <http://www.ld-add.com/>
3. <https://www.verywell.com/adhd-4014765>
4. <http://www.nimh.nih.gov/index.shtml>
5. <http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>

BODY IMAGE:

1. <http://www.womenshealth.gov/body-image/>
2. <http://kidshealth.org/en/teens/body-image.html>
3. <http://www.nationaleatingdisorders.org/>
4. <https://www.plannedparenthood.org/learn/body-image>
5. http://www.edreferral.com/body_image.htm
6. <http://www.bodypositive.com/>
7. <http://www.about-face.org/>
8. <http://renfrewcenter.com/>
9. <http://www.eatright.org/>

COLLEGE/COUNTRY ADJUSTMENT:

1. <http://firstinthefamily.org/highschool/collegyears.html>
2. <https://studentaid.ed.gov/sa/>
3. <https://www.collegeboard.org/>
4. <http://knowhow2go.acenet.edu/>
5. <http://www.bls.gov/k12/content/students/careers/career-exploration.htm>
6. <http://www.careeronestop.org/jobseekertools/jobSeekerChallenge.aspx?category=4&subCategory=&keyword=&searchTab=&recommanded=Y&recommandedCategory=&recommandedSubCategory>

DEPRESSION/SUICIDE:

1. <http://www.nimh.nih.gov/health/topics/depression/index.shtml>
2. <http://www.sprc.org/>
3. <http://www.lifenet.nyc/>
4. <http://www.ulifeline.org/>

EATING DISORDERS:

1. <http://www.bodypositive.com/>
2. <http://www.about-face.org/>
3. <https://oa.org/>
4. <http://www.eatingdisordersonline.com/>
5. <http://www.nationaleatingdisorders.org/>
6. <http://www.mirror-mirror.org/>

MONEY MANAGEMENT:

1. <http://balancetrack.org/moneymanagement/index.html>
2. <http://www.mymoney.gov/Pages/default.aspx>
3. <http://credit.about.com/od/creditrepair/tp/improvecredit.htm>
4. <https://www.fdic.gov/news/news/financial/2006/fil06001.pdf>

5. <http://www.cbsnews.com/news/7-ways-to-find-free-money-for-college/>
6. <http://www.mymoney.gov/Pages/default.aspx>
7. <https://studentaid.ed.gov/sa/resources>
8. <https://www.studentloans.gov/myDirectLoan/index.action>
9. <https://www.fdic.gov/consumers/consumer/moneysmart/young.html>

RELAXATION TECHNIQUES:

1. https://www.mindtools.com/pages/main/newMN_TCS.htm
2. <http://www.helpguide.org/articles/stress/stress-management.htm>
3. http://www.hws.edu/studentlife/counseling_relax.aspx

SEXUAL ASSAULT:

1. <http://www.nsvrc.org/>
2. <http://www.4woman.org/>
3. <http://saracville.org/>
4. <http://www.loveisrespect.org/>

SEXUALITY & GENDER:

1. <http://www.unwomen.org/en>
2. <http://www.apa.org/topics/lgbt/orientation.aspx>
3. http://www.psychologistanywhereanytime.com/sexual_problems_psychologist/psychologist_gender_identity_issues.htm
4. <http://www.apa.org/helpcenter/sexual-orientation.aspx>
5. <http://www.itgetsbetter.org/>
6. <http://bornlikethis.org/>
7. <http://callen-lorde.org/>
8. <https://gaycenter.org/>