

# Personal Counseling Issues

---

Listed below are some links to web sites that are mental health related. You can find information on these sites about many topics, including stress, depression, anxiety, self-esteem, wellness, and more. Please click on the links below for more information. At the bottom are listed several local resource contact people and numbers.

**Alanon/Alateen** ([www.al-anon-alateen.org](http://www.al-anon-alateen.org))

This site contains basic information about this organization which assists adults and teens with alcohol related concerns. It includes 20 questions designed to help you decide whether or not you need Al-Anon, 20 questions designed to help teenagers decide whether or not Alateen is for them.

**Alcoholics Anonymous** ([www.aa.org](http://www.aa.org))

This link is to the teen section of the well known twelve step program for treatment of alcoholism.

**Anxiety Disorders** (<http://www.nimh.nih.gov/healthinformation/anxietymenu.cfm>)

The National Institute of Mental Health gives a sketch of each known anxiety disorder and has a keyword search to help identify symptoms.

**APA Help Center** ([www.apahelpcenter.org](http://www.apahelpcenter.org))

Site sponsored by the American Psychological Association that provides articles on a vast array of mental health issues.

**CHADD** ([www.chadd.org](http://www.chadd.org))

This is the web site of the organization that works with children and adults with Attention-Deficit/Hyperactivity Disorder. It has information about ADHD, links to other web sites, research studies, and more. You can also look up local resources.

**Eating Disorders** ([www.kidsource.com/kidsource/content/disorder.html](http://www.kidsource.com/kidsource/content/disorder.html))

Research conducted and supported by the National Institute of Mental Health on causes and treatment of a variety of eating disorders.

**Internet Mental Health** ([www.athealth.com/Consumer/Disorders/Disorders.html](http://www.athealth.com/Consumer/Disorders/Disorders.html))

This site attempts to improve understanding, diagnosis, and treatment of mental illness. It describes the 532 most common mental disorders, 67 most commonly prescribed psychiatric drugs, and offers online diagnosis.

**Keirsey Temperament and Character Web Site** ([www.keirsey.com](http://www.keirsey.com))

Link to a number of personality inventories, character sorters, etc.

**Mental Health Information Center** ([www.mentalhealth.org](http://www.mentalhealth.org))

A general site for mental health information from the United States Department of Health and Human Services. Information about different issues is located here, as well as programs, publications, and links to other sites.

**National Alliance for the Mentally Ill** ([www.nami.org](http://www.nami.org))

This site offers information on mental illnesses. It lists a hotline number as well as local affiliates and support groups.

**National Association for Self-Esteem** ([www.self-esteem-nase.org](http://www.self-esteem-nase.org))

This is the homepage of the National Association for Self-Esteem. The purpose of our organization is to fully integrate self-esteem into the fabric of American society so that every individual, no matter what their age or background, experiences personal worth and happiness. Click here to find out more about the organization.

**National Coalition for Gay, Lesbian, Bisexual and Transgender Youth**

([www.queeramerica.com](http://www.queeramerica.com))

Database published by OutProud, The National Coalition for Gay, Lesbian, Bisexual and Transgender Youth. With a database of over 5,000 entries it includes information on community centers, support organizations, Parents, Families & Friends of Lesbians And Gays chapters, etc.

**National Foundation for Depressive Illnesses, Inc** ([www.depression.org](http://www.depression.org))

Contains informational resources on diagnosis and treatment of depression. Can also provide referrals to physicians.

**Personality Online** ([www.personalityonline.com](http://www.personalityonline.com))

Resource for self discovery and personal development. Here you will find everything from a variety of personality tests to a comprehensive database of personal development related resources.

**Suicide Prevention** ([www.save.org](http://www.save.org))

Frequently Asked Questions on suicide, symptoms of depression and suicidal danger signs, most common misconceptions about suicide, what students should do if a friend had depression, what hospitalization does for depressives and a recommended reading list.

**Teen New Horizons** ([www.teenhorizons.com](http://www.teenhorizons.com))

A self help site for the families of out of control teenagers. Concerns include behavior, mental health, drugs, alcohol and sex.

**Web of Addictions** ([www.we;.com/user/woa](http://www.we;.com/user/woa))

The Web of Addictions is dedicated to providing accurate information about alcohol and other drug addictions. It has links to treatment organizations and organizations promoting prevention of substance abuse.