

Useful Websites

Self-Assessment Tools/Screenings

ULifeline	http://www.ulifeline.org/main/Home.html
Freedom from Fear	http://www.freedomfromfear.org/
Anxiety Disorders Association of America	http://www.adaa.org
Depression & Bipolar Support Alliance	http://www.dbsalliance.org

Information/Resources for College Students

ULifeline	http://www.ulifeline.org/main/Home.html
Half of Us	http://www.halfofus.com
University of Texas: Stress Recess	http://cmhc.utexas.edu/stressrecess/explore.html
Self Help Brochures	http://www.counselingcenter.illinois.edu/?page_id=7
Virtual Pamphlet Collection	http://www.dr-bob.org/vpc/virtulets.html

General Information/General Self-Help Resources

American Psychological Association Help Center	http://www.apahelpcenter.org
Online Self-Help Book	http://www.mentalhelp.net/psychhelp/
Helpguide	http://www.helpguide.org/index.htm
Psychology in Daily Life	http://www.apa.org/topics/
Mental Health America	http://www.nmha.org/index.cfm
Psychcentral	http://www.psychcentral.com/
Mayo Clinic Mental Health	http://www.mayoclinic.com/health/mental-health/MH99999
National Alliance for the Mentally Ill	http://www.nami.org/
General Health Guide from WebMD	http://www.webmd.com/

Online Relaxation Exercises (most of these you can download!)

Arizona State University	http://vcc.asu.edu/relax/index.shtml
George Washington University (free IPOD downloads)	http://gwired.gwu.edu/counsel/PodCast/
Georgia Southern University	http://students.georgiasouthern.edu/counseling/relax/index.htm
Hobart and William Smith Colleges	http://www.hws.edu/studentlife/counseling_relax.aspx
Keene State College (click on topics & tools)	http://www.keene.edu/counseling/
Marquette University ("Other Resources")	http://www.marquette.edu/counseling/anxiety.shtml
UCLA	http://marc.ucla.edu/body.cfm?id=22&oTopID=22
UNC - Chapel Hill	http://campushealth.unc.edu/index.php?option=com_content&task=view&id=462&Itemid=95
Univ. of Missouri	http://www.umssystem.edu/ums/curators/wellness/mindfulness/guided.htm
Univ. of Texas: MindBody Lab	http://www.cmhc.utexas.edu/mindbodylab.html
Univ. of Texas: Diaphragmatic Breathing	http://cmhc.utexas.edu/stressrecess/Level_Two/breathing.html
Univ. of Texas: Progressive Muscle Relaxation	http://cmhc.utexas.edu/stressrecess/Level_Two/progressive.html
University of Texas: Yoga	http://cmhc.utexas.edu/stressrecess/Level_Two/yoga.html
The Meditation Podcast	http://www.themeditationpodcast.com/episodes.html?ep=1
Learning Meditation: The Meditation Room	http://www.learningmeditation.com/room.htm
Health Journeys: Resources for Mind, Body, & Spirit	http://www.healthjourneys.com/free_audio.asp

More Useful Sites

Beliefnet (Inspiration, Spirituality, Faith, Religion)	http://www.beliefnet.com/
More Self-Esteem	http://www.more-selfesteem.com/
Controlling Anger-Before It Controls You	http://www.apa.org/pubinfo/anger.html
Homesickness	http://www.counselling.cam.ac.uk/hsick.html

Academic Support

Managing Test Anxiety	http://www.sdc.uwo.ca/learning/mcanx.html
Academic Skills Center @ Dartmouth College	http://www.dartmouth.edu/~acskills/
Academictips.org: Study Tips Links	http://www.academictips.org/helpful_links.html
Study Tips	http://www.studytips.org/
Study Tips/Exam Tips	http://hsc.csu.edu.au/study/index.htm
Study Strategies	http://www.d.umn.edu/kmc/student/loon/acad/strat/
How to Study	http://www.cse.buffalo.edu/~rapaport/howtostudy.html
Study Skills Self-Help Info	http://www.ucc.vt.edu/stdysk/stdyhlp.html
Study Skills Guide	http://www1.csbsju.edu/academicadvising/helplist.htm
Study4Results	http://www.study4results.com/study_guide/how_to_study_effectively.html
Decision-Making Techniques/Tools	http://www.mindtools.com/pages/main/newMN_TED.htm

ADHD & Learning Disabilities

LD OnLine:	http://www.ldonline.org/
National Center for Learning Disabilities	http://www.ncld.org/
ADDitude Magazine: Living well with ADHD & Learning Disabilities	http://www.additudemag.com/
ADD Management	http://www.addmanagement.com/free_resources/freeresources.html
National Resource Center on AD/HD	http://www.help4adhd.org/
CHADD (Children and Adults with ADHD)	http://www.chadd.org/
Attention Deficit Disorder Association (ADDA)	http://www.add.org
ADHD Action.com	http://www.adhdaction.com/adhd-action-guide.html
ADHD Support.com	http://www.adhdsupport.com/
What We Know - Info Sheets on AD/HD	http://www.help4adhd.org/en/about/wwk
Time Management: Learning to Use a Day Planner; A Guide to Organizing the Home and Office; Succeeding in College	
ADHD Coaches Organization (ACO)	http://www.adhdcoaches.org/
National Study Group on Chronic Disorganization	http://www.nsgcd.org/
Inside ADHD	http://www.insideadhd.org/
ADD on About.com	http://add.about.com/
HealthCentral.com	http://www.healthcentral.com/adhd/
ADDA Twitter Page	http://twitter.com/adultadhd
ADHD Allies Facebook Community	http://www.facebook.com/ADHDAllies
ADHD Book Club	http://www.adhdbookclub.com/
ADDclasses	http://addclasses.com/
Virtual ADHD Conference	http://adhdconference.com/
ADHD Family Online	http://www.adhdfamilyonline.com
ADDvance	http://addvance.com/
ADDconsults	http://addconsults.com/
ADD Warehouse	http://addwarehouse.com/shopsite_sc/store/html/index.html

Alcohol and Substance Abuse/Dependence

Alcoholics Anonymous	http://www.alcoholics-anonymous.org/
Al-Anon (and Alateen)	http://www.alanon.org
Alcoholics Anonymous Meetings	http://www.aanorthcarolinadistrict50.org/
Narcotics Anonymous (N.A.)	http://crna.org/
Narcotics Anonymous Meetings	http://crna.org/meetings/
Facts on Tap	http://www.factson tap.org/
Alcohol & College Drinking Prevention	http://www.collegedrinkingprevention.gov
National Institute on Drug Abuse	http://www.nida.nih.gov/
In the Know Zone	http://www.intheknowzone.com/binge/
Before You Drink (B4UDrink)	http://www.baecdrom.org
The National Alcohol & Substance Abuse Center	http://www.addictioncareoptions.com
American Council for Drug Education	http://www.acde.org
Smoking and Tobacco Use	http://www.cdc.gov/tobacco/
CDC Tobacco Information and Prevention Source	http://www.cdc.gov/tobacco/

Anxiety Disorders

Anxiety Disorders Association of America
National Center for PTSD
Freedom from Fear
Online Community Anxiety Disorder Support
Anxiety Self-Help Website

<http://www.adaa.org/>
<http://www.ncptsd.va.gov/ncmain/index.jsp>
<http://www.freedomfromfear.org/>
<http://www.anxietytribe.com/>
<http://www.anxieties.com>

Depression (& Mood Disorders)

Understanding and Treating Depression
Dr. Ivan's Depression Central
iFred (International Foundation for Research & Education on Depression)
Depression Screening
Men and Depression
Depression & Bipolar Support Alliance
National Suicide Prevention Lifeline
Suicide Awareness Voices of Education (SAVE)

<http://www.depression.com/>
<http://www.psycom.net/depression.central.html>
<http://www.ifred.org/>
<http://www.depressionscreening.org/>
<http://www.menanddepression.nimh.nih.gov>
<http://www.dbsalliance.org>
<http://www.suicidepreventionlifeline.org/>
<http://www.save.org/>

Eating Disorders

National Association of Anorexia Nervosa and Associated Disorders
National Eating Disorders Association
Eating Disorders Anonymous
Eating Disorders Referral and Information Center
Eating Disorders Info; Questionnaire; Advice
Body Positive

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

<http://www.nationaleatingdisorders.org/>
<http://www.eatingdisordersanonymous.org/>
<http://www.edreferral.com/>
<http://www.gurze.com>
<http://www.bodypositive.com/>

Relationship Violence and Sexual Assault

Rape, Abuse & Incest National Network (RAINN)
Interact of Wake County
Posttraumatic Stress Disorder Information & Healing

<http://www.rainn.org/>
<http://www.interactofwake.org/>
<http://www.giftfromwithin.org/>

Sleep

National Sleep Foundation
Sleepnet

<http://www.sleepfoundation.org/>
<http://www.sleepnet.com/intro.htm>

Suicide

National Suicide Prevention Lifeline
Suicide Awareness: Voices of Education

<http://www.suicidepreventionlifeline.org/>
<http://www.save.org/>

Dealing with Trauma/Disaster

Trauma Information Pages
CDC (Centers for Disease Control and Prevention)

<http://www.trauma-pages.com/disaster.php>
<http://www.bt.cdc.gov/mentalhealth/>

Grief and Bereavement

Psycom
Association for Death Education and Counseling
Caring Connections – Grief and Bereavement
National Students of AMF Support Network

<http://www.psycom.net/depression.central.grief.html>
<http://www.adec.org/>
<http://www.caringinfo.org/>
<http://www.studentsofamf.org/>