

Internet Resources

The use of the internet has significantly increased over the years. There is a wealth of knowledge available to us on many different topics. Individuals are using the Internet for a variety of different reasons including mental health issues. The sites available are helpful in educating oneself as well as looking for support and information on some concerns you are facing.

This brochure includes Internet sites on a multitude of mental health issues. It is important to know that due to the constant changes with Internet sites, some may be modified or removed after a period of time. The sites will try to be kept as current as possible. If any of the sites have been removed from circulation, please notify your therapist so he may keep this brochure current. If you have any particular sites that may be of interest, it would also be appreciated that you let us know. These sites are not to replace therapy but are suggested for use in supplementing the therapeutic process.

Attention-Deficit Disorder

CH.A.D.D.
[Http://www.chadd.org](http://www.chadd.org)
A non-profit parent based organization. Addresses family support, advocacy, education, and encouragement of scientific research.

ADD/ADHD Online Newsletter
<http://www.nlci.com/nutrition>
A publication for helping children and adults with A.D.H.D.. Nutritional approach.

Behavior

Tough Love
<http://www.toughlove.org/>
Not-for-profit, self-help organization that provides education and ongoing support to families, empowering parents in addressing adolescent behavior problems.

Selective Mutism

Selective Mutism Foundation
<http://personal.mia.bellsouth.net/mia/g/a/garden/garden/>
A non profit organization which offers information\ research about Selective Mutism.

Substance Abuse Related Disorders

Online AA resources
<http://www.recovery.org/aa>
Provides basic information about A.A.

Al-Anon and Alateen Homepage
<http://www.al-anon.org>
General and support group information.

Women for Sobriety
<http://www.Womenforsobriety.html>
Providing services to women alcoholics. Based on 13-statement program of positivity that encourages emotional and spiritual growth.

Smart Recovery
<http://www.smartrecovery.org>
An abstinence-based, not-for-profit organization with a self-help program for people having problems with drinking and using.

Secular Organizations for Sobriety (SOS).
<http://www.unhooked.com>
Abstinence based program. Alternative to Alcoholics Anonymous

Adolescence Substance Abuse and recovery resources.
[Http://www.winternet.com/~webpage/adolrecovery.html](http://www.winternet.com/~webpage/adolrecovery.html)
Teen oriented links to useful resources.

Depression

National Mental Health Association
<http://www.nmha.org>
Offers links to articles discussing the nature of depression; how one finds information on the Internet; resource; bibliography.

National Foundation for Depressive Illness
<http://www.depression.org>
The Foundation offers hyperlinks and references regarding consequences of depression, symptoms, what can be done, and other useful information.

Seasonal Affective Disorder
<http://www.outsidein.co.uk/bodyclock/sadinfo.htm>
Describes Seasonal Affective Disorder. Also provides some links.

Bipolar Information Network

<http://www.moodswing.org>

Information source for bipolar and mood disorders. Reference books, a bipolar forum, support, and links.

Depression After Delivery

<http://www.behavenet.com/dadinc/#DAD>

Reviews symptoms of Postpartum Depression. Contains many Postpartum Depression Links.

Anxiety Disorders

Center For Anxiety and Related Disorders

<http://www.bu.edu/ANXIETY>

Resources available for people experiencing anxiety, stress, panic attacks, and phobias.

Anxiety-Panic Internet resource

<http://www.algy.com/anxiety/menu.shtml>

A self help network dedicated to overcoming overwhelming anxiety.

Obsessive Compulsive Disorder

Obsessive Compulsive Disorder

<http://www.nimh.nih.gov/publicat/ocdprint.cfm>

Presents information about OCD, treatment, and resources.

Career

Career Links

<http://peoria.k12.il.us/pahs/career.htm>

Offers extensive information on occupational outlooks.

Grief

GriefNet

<http://rivendell.org/>

Resources offered for a variety of grief and grief related issues.

Parenting

Parents place

<http://www.parentsplace.com>

Expansive resource guide on parenting.

Parents World

<http://www.parentsworld.com>

Online resource guide for single parents

Sleep

SleepNet

<http://www.sleepnet.com>

Links offered for most sleep disorders.

Children's Sleep Problems

<http://www.cmhc.com/factsfam/sleep.htm>

Discusses a wide range of children's sleep problems and offers advice.

Medication

PharmInfo Net

<http://pharminfo.com>

Data base on prescription drugs.



This brochure was developed by:

**Myers
Counseling
Group**

300 Memorial drive, suite 200
Crystal Lake, IL 60014
(815)308-3368
www.myerscounseling.com