

DBSA SUCCASUNNA - RESOURCES

At DBSA Succasunna, we are aware how it can be difficult to navigate the maze of resources regarding mental health. The magnitude of resources listed below are derived from many sources, of which DBSA Succasunna included as many as possible; this list is not all-inclusive, as there are additional services which do exist. Of course, if you know of a resource/service not included here, please contact DBSA Succasunna to let us know. Please be advised that DBSA Succasunna has not been in direct contact with these resources nor endorses any of the services or products offered. DBSA Succasunna is only providing contact information should you wish to investigate them further. The following topics are covered:

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1. CRISIS INTERVENTION

| | |
|--|----------------------------------|
| Chilton Memorial Hospital Psychiatric Emergency Service | (973) 831-5078 |
| Morristown Memorial Hospital Psychiatric Emergency Service | (973) 540-0100 |
| Saint Clare's Hospital Psychiatric Emergency Service Screening | (973) 625-0280 (973) 625-6150 |
| Sussex County Psychiatric Emergency Hotline | (973) 383-0973 |
| Warren County Psychiatric Emergency Hotline | (908) 454-5141 |
| Sexual Assault Hotline | (973) 829-0587 |
| National Suicide Hotline | (800) 273-TALK (800) 273-8255 |

FAMILY

| | |
|---|----------------------------------|
| Jersey Battered Women's Services, Inc. (JBWS) Crisis hotline | (973) 267-4763 |
| Family Intervention Services Crisis | (973) 285-0366 (973) 292-9257 |
| Parent's Anonymous Distress line | (800) 843-5437 |
| Child Abuse Hotline | (877)-NJABUSE (877) 652-2873 |

2. ADDICTION AND SUBSTANCE ABUSE

| | |
|--|----------------|
| Addictions Hotline | (800) 322-5525 |
| Alcoholics Anonymous | (800) 245-1377 |
| Narcotics Anonymous | (800) 992-0401 |
| Morris County Prevention is Key Substance abuse Information & Referral | (973) 625-1998 |
| Atlantic Behavioral Health Services/ Morristown Memorial Hospital | (888) 247-1400 |
| New Bridge Services Substance Abuse Alternative (Montville) Outpatient Services | (973) 316-9333 |

Dual Diagnosis www.hoseahouse.org/infirmery/dualdx.html
A listing of links to sites for information on dealing with dual diagnosis (mental illness plus substance abuse)

3. EATING DISORDERS

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| NJ Eating Disorders Helpline | (800) 624-2268 |
| Overeaters Anonymous Info Line | (973) 746-8787 |
| Mental Health First Aid Guidelines for Eating Disorders | www.mhfa.com.au/Guidelines.shtml |

4. NJ INFORMATION & REFERRAL (I&R)

| | |
|---|--|
| Child & Family Resources (Child care I&R) | (973) 927-6060 |
| First Call for Help, 2-1-1 General I&R serving NJ's Morris, Passaic, Bergen, Union, Essex, and Hudson Counties | 2-1-1 |
| Mental Health Association of New Jersey | www.mhanj.org |
| Morris County EASE One stop shopping for information on senior services | (800) 564-4656 |
| NJ Mental Health Cares | (866) 202-HELP (866) 202-4357 |
| NJ State Office on Disability Services I&R | (888) 285-3036 |
| NJ Self-Help Clearinghouse Self-help group I&R | (800) 367-6274 |
| Statewide Parent Advocacy Network, Inc. Parents of children with disabilities/special needs I & R) | (800) 654-7726 |

5. COUNTY INFORMATION & REFERRAL (I&R)

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| Mental Health Association of Morris County Mental Health I&R/Outreach | (973) 334-3496 www.mhamorris.org |
| Morris County EASE Senior Services I&R | (800) 564-4656 |
| Morris County Prevention is Key Substance Abuse I&R | (973) 625-1998 |
| Sussex County Help Line | (973) 209-HELP (973) 209-4357 |
| Sussex County Office for the Disabled | (973) 579-0570 Xt 1211 |

6. COUNSELING/SHORT TERM TREATMENT

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| Atlantic Behavioral Health Services/ Morristown Memorial Hospital | (888) 247-1400 |
| Family Services of Morris County | (800) 984-1414 |

| | |
|---|--|
| Grace Counseling Center (Madison) | (973) 822-0707 |
| Hope House (Dover) | (973) 361-5555 |
| International Institute (multilingual) | (201) 653-3888 |
| Jewish Family Services | (973) 765-9050 |
| NewBridge Services NE Morris and Parts of Passaic County | (973) 316-9333 |
| North Jersey Counseling Ctrs for Mental & Spiritual Health (Randolph) | (973) 252-5120 |
| Pastoral Counseling Svc of Northern NJ/Clergy Consultants (Flanders) | (973) 927-0600 |
| Pathways Counseling Center (Pompton Lakes) | (973) 835-6337 |
| Saint Clare's Behavioral Health Northwestern & Southern Morris | (888) 626-2111 |
| Barnert Hospital ACCESS (Deaf & Hearing Impaired) | (973) 977-6690 (973) 977-2294 - TTY |

7. PROFESSIONAL ASSOCIATIONS & VERIFICATION OF CREDENTIALS

| | |
|---|--|
| American Psychological Association | (800) 374-2721 www.apa.org |
| American Psychiatric Association | (888) 357-7924 www.apa.org |
| American Association for Geriatric Psychiatry | (301) 654-7850 www.aagpgpa.org |
| National Association of Social Workers | (800) 932-0004 |
| NJ Board of Marriage Counselor Examiners | (973) 504-6415 |
| NJ Board of Medical Examiners | (609) 292-4843 |
| NJ Board of Psychological Examiners | (973) 540-6470 |
| NJ Board of Social Work Examiners | (973) 504-6495 |
| NJ Psychiatric Association | (800) 345-0143 |

8. PARTIAL-DAY PROGRAMS

| | |
|--|----------------|
| Capitol Care (Budd Lake) | (973) 426-1440 |
| Community Care Behavioral Health (Morris Plains) | (973) 540-9550 |

NewBridge Services (Pompton Plains) (973) 316-9333

Saint Clare's Behavioral Health (Cedar Knolls) (973) 401-2121

Saint Clare's Behavioral Health (Denville) (973) 625-7045

9. PACT (PROGRAMS IN ASSERTIVE COMMUNITY TREATMENT)

For adults with a serious and persistent mental illness. There are strict registration criteria e.g., previous hospitalization is required.

Morris (973) 625-7084
(888) 626-2111

Sussex (973) 625-7084
(888) 626-2111

Warren (908) 835-8660

10. FAMILIES & YOUTH

Child Abuse Hotline (877) NJABUSE
(877) 652-2873

Children's Crisis Intervention Services (973) 316-1982
Treatment for youth ages 5-17 (888) 626-2111

Crisis Mobile Response Stabilization Service (877) 652-7624

Family Intervention Services Crisis (973) 285-0366
(973) 292-9257

Family Services of Morris County (800) 984-1414

Intensive Family Support Services Family Group (973) 792-2953
Find one in your county (866) 626-4437

Jersey Battered Women's Services, Inc. (JBWS) (973) 267-4763
Crisis hotline

Morris-Sussex Youth Advocate Program (973) 383-8800

National Alliance on Mental Illness (NAMI) of Morris County (908) 879-5687
Family support group

National Alliance on Mental Illness (NAMI) of Sussex County (973) 823-0122

NewBridge Multi-Family Support Group (973) 839-2521 Xt. 462
Family Members and Consumers

New Jersey Parents Caucus (973) 659-9922
Caring for Emotionally-Troubled Children

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|---|--|
| Parents of Kids with Bipolar Disorder | www.pokibid.org |
| Parent's Anonymous Distress Line | (800) 843-5437 |
| Saint Clare's Behavioral Health Services | (888) 626-2111 |
| Saint Clare's Intensive Family Support Services Support Groups/Psychoeducation/Case Management for Families of Seriously Mentally Ill | (973) 625-7095 |
| State Hospital Transfer (To transfer a patient to a NJ hospital, call the Division of Mental Health Services Interstate Compacts Information Number) | (609) 777-0700 |
| Statewide Parent Advocacy Network, Inc. Parents of Children with Disabilities/Special Needs I&R) | (800) 654-7726 |
| Families for Depression Awareness | www.familyaware.org |
| Active Minds on Campus Active Minds is the nation's only peer-to-peer organization dedicated to mental health awareness among college students. | www.ActiveMindsOnCampus.org |

11. ESTATE PLANNING

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| Mental Health Association of Morris County (For referral to a lawyer who specializes in estate planning for families with a loved one who is mentally ill) | (973) 334-3496 Xt. 107 www.mhamorris.org |
| Plan Lifetime Assistance Network (Somerville) | (908) 575-8300 |

12. CHILDHOOD MENTAL ILLNESS

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| Child & Adolescent Bipolar Foundation A Web-based organization for parents of children diagnosed with bipolar disorder. They will put you in contact with other parents in your area. | www.bpkids.org |
| Parents of Kids with Bipolar Disorder | www.pokibid.org |
| The Bipolar Child | www.bipolarchild.com |
| American Academy of Child and Adolescent Psychiatry | (202) 966-7300 www.aacap.org |
| Starfish Advocacy Association Providing Support to Families of Children with Neurological Disorders | www.starfishadvocacy.org |
| The Brain Piece | www.thebrainpiece.com |

Connecting the Pieces: The Discovery of
Early Onset Bipolar Disorder

13. MEDICAL & DENTAL

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|---|----------------|
| Dover Community Clinic | (973) 328-3344 |
| Family Health Center of Morristown | (973) 889-6800 |
| Visiting Nurse Association | (973) 539-1216 |
| Dentistry for the Disabled, Mountainside Hospital | (973) 429-6892 |
| Donated Dental Services - NJ Foundation of Dentistry for Persons with Disabilities | (732) 821-2977 |
| Morristown Memorial Hospital Dental Clinic | (973) 971-5233 |
| Morristown Memorial Hospital Medical Clinic | (973) 971-5233 |
| UMDNJ Dental Care | (973) 972-4242 |

14. INSURANCE

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|---|--|
| Medicare Information | (800) 633-4227 |
| SHIP (State Health Insurance Program) Provides free counseling for Medicare enrollees and their caregivers. | (973) 989-5773 |
| Medicaid Information | (973) 631-6440 |
| NJ Family Care | (800) 701-0710 |
| Eligibility Screenings for Food stamps/Medicaid/ Home Energy Assistance/Welfare Programs | www.njhelps.org |
| Community Health Law Project Managed-Care Questions, Problems &/or Disputes | (888) 838-3180 |

15. MEDICATION ASSISTANCE & EDUCATION

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| Express-Scripts – Rx Outreach Offers access to more than 125 Medications | (800) 769-3880 www.rxoutreach.com |
| PAAD Pharmaceutical Assistance to the Aged & Disabled Program (Novartis Corp.) | (888) 285-3036 (800) 762-4636 (800) 447-6673 (888) 455-6655 (800) 792-9745 |
| Partnership for Prescription Assistance (PPA) | (888) 477-2669 |

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|--|--|
| Interactive website sponsored by PhRMA and its 47 member companies, designed to help you find patient assistance programs | www.pparx.org |
| RxAssist A current and comprehensive directory of patient assistance programs | (401) 729-3284 www.rxassist.org |
| RxHope The largest independent Web-based patient assistance program resource. RxHope remains the only one that is supported by both PhRMA and participating pharmaceutical companies. | (732) 507-7400 www.rxhope.com |
| RX4NJ | (888) 793-6765 |
| Pharmaceutical Programs for Financial Assistance With Medications | www.helpingpatients.org |
| Search for Drug information, side effects, drug interactions, etc. | www.rxlist.com www.medicinenet.com |
| The Medicine Program www.themedicineprogram.com/free-medicine.html Assists you in applying to multiple patient assistance programs. Offers free prescription card to help you save up to 65% on medication costs. | (800) 921-0072 |
| Together Rx Access http://togetherrxaccess.com A prescription discount card for those who have no prescription drug coverage are not eligible for Medicare and are legal residents of the U.S. or Puerto Rico | (800) 444-4106 |
| 16. VOCATIONAL & VOLUNTEER WORK | |
| Career Connections Employment Resource Institute (Employment assistance) | (973) 571-4100 |
| Consumer Connections Prepares consumers for positions of employment within mental health field | (800) 367-8850 |
| Division of Vocational Rehabilitation | (973) 631-6304 |
| Equal Employment Opportunity Commission Discrimination in the workplace Morris County Employment & Training Services (One Stop Career Center) | (973) 654-6385 (800) 870-3478 (973) 285-6880 |

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| NJ Work Incentive Network (NJWINS for Morris County) | (973) 244-0850 |
| Saint Clare's Supported Employment | (973) 625-7097 |
| Volunteers for Morris County Volunteer Opportunities Information & Referral | (973) 538-7200 |

17. SELF-HELP ORGANIZATIONS (NATIONAL)

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| Depression & Bipolar Support Alliance (DBSA) Free literature available, bipolar disorder on-line screening tool, find a support group, chat rooms, etc. | (800) 826-3632 www.dbsalliance.org |
| Depression and Related Affective Disorders Association (DRADA) Based in Baltimore, DRADA works in Cooperation With the Psychiatry Department of Johns Hopkins University School of Medicine | www.drada.org |
| Children & Adults with Attention-Deficit/Hyperactivity Disorder | www.chadd.org |
| NAMI (National Alliance on Mental Illness) | (800) 950-6264 www.nami.org |
| National Mental Health Consumer's Self Help Clearinghouse | (800) 553-4KEY (800) 553-4539 www.mhselfhelp.org |
| Life Your Life Well from Mental Health America Website designed to help you cope better with Stress and create more of the life you want | www.liveyourlifewell.org |

18. SELF-HELP ORGANIZATIONS (STATE & LOCAL)

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| New Jersey Self Help Group Clearinghouse NJ Self Help Clearinghouse provides information by phone on over 4,500 local self help groups in NJ including anxiety, depression, bipolar disorder, obsessive-compulsive disorder, eating disorders, families of the mentally ill, dual diagnosis, etc. | (800) 367-6274 www.njgroups.org |
| DBSA New Jersey | www.dbsanewjersey.org |
| NAMI New Jersey | www.naminj.org |
| Collaborative Support Programs of NJ (CSPNJ) Consumer-run organization | (973) 340-2346 |
| The New York Mood Disorders Support Group Founded in 1981, the Mood Disorders Support Group (MDSG) of New York maintains a comprehensive website with information about lectures, support group meeting schedule, news articles, and links to other sites. | www.mdsg.org |

19. SOCIAL/RECREATIONAL

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|---|------------------------|
| Community Companions Program Through Mental Health Association of Morris County | (973) 334-3496 Xt. 108 |
| Consumer Advocacy Program | (973) 334-3496 Xt. 112 |
| Morris Self-Help Center | (973) 334-2470 |
| Peer-to-Peer Support Line Toll free staffed 5 – 10 pm by consumers | (877) 760-4987 |
| Social Clubs (Boonton, Dover, and Morris) Through Mental Health Association of Morris County | (973) 334-3496 Xt. 112 |

20. TRANSPORTATION

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| Access Link Disabled persons unable to board & ride regular NJ Transit buses | (800) 955-2321 |
| American Red Cross Southeastern Chapter Morris Area Chapter | (973) 377-0455 (973) 538-2160 |
| AVI | (800) 799-2232 |
| Colonial Coach | (973) 267-2733 |
| Community Coach | (800) 522-4514 |
| Community Ride Through Mental Health Association of Morris County | (973) 334-3496 Xt. 112 |
| Dial-A-Ride Dover Northeast Region Jefferson Township | (973) 366-8502 (973) 835-8885 (973) 208-6123 |
| MAPS - Morris Area Para transit System North Northeast Southeast West /Central | (973) 208-6123 (973) 835-8885 (973) 377-0455 (973) 366-9378 |
| Medical Transportation (Medicaid) | (973) 326-7860 |
| Morris County Department of Transportation | (973) 829-8103 |
| Morris County Metro | (973) 829-8100 |
| Morris County Wheels | (973) 326-7282 |
| Morris-On-The-Move (Mt. Olive, Netcong, Mine Hill, Dover) | (973) 892-8501 |

| | |
|---|----------------------------------|
| NJ Transit Bus & Rail Info | (800) 772-2222 |
| NJ Transit Department of Special Services | (973) 491-7385 |
| NJ Transit Reduced Fare Card (62+ or disabled without Medicare card) | (973) 378-6401 (973) 378-6327 |
| Parsippany Transit System | (973) 263-7093 |
| Sussex County Transit | (973) 579-0480 |

21. HOUSING/RENTAL ASSISTANCE/SHELTER

| | |
|--|----------------------------------|
| Department of Community Affairs | (973) 631-6285 |
| Homelessness prevention programs | (973) 631-6287 |
| Housing Authority of Boonton | (973) 335-0846 |
| Dover | (973) 361-9444 |
| Madison | (973) 377-0258 |
| Morris County | (973) 540-0389 |
| Morristown | (973) 538-6343 |
| Housing Partnership for Morris County (Affordable apartment guide) | (973) 659-9222 |
| Morris County Fair Housing Council Tenant-landlord problems, housing discrimination | (973) 538-2975 |
| NJ Division of Family Development | (800) 792-9773 |
| Community Hope For people who have mental illness | (973) 463-9600 |
| Homeless Outreach for the Mentally Ill/Safe Haven Program | (973) 334-3496 Xt. 105 |
| Homeless Solutions (Morristown) | (973) 993-0833 |
| Hope House Shared Housing Program | (973) 361-5555 |
| Interfaith Council for Homeless Families | (973) 644-2757 |
| Jersey Battered Women's Service Emergency Shelter Hotline From 9am to 5pm | (973) 267-4763 (973) 455-1910 |
| Market Street Mission – Morristown (men only) | (973) 538-0431 |
| Morris County Division on Aging, Disabilities, and Veterans Boarding Homes | (800) 564-4656 |
| Morris County Homeless Emergency Hotline | (800) 640-9783 |

Morris County Office of Temporary Assistance
Social Service for the Homeless (800) 640-9783

NewBridge Services (mentally ill) (973) 316-9333

Saint Clare's Behavioral Health (mentally ill) (888) 626-2111

Salvation Army, Morristown (females only) (973) 538-0997

22. FOOD

Community Soup Kitchen (Morristown) (973) 267-0709

Interfaith Food Pantry (973) 538-8049

Morris County Office of Temporary Assistance (973) 326-7800

Trinity Lutheran Church, Faith Kitchen (Dover) (973) 366-2821

Eligibility Screenings for Food stamps/Medicaid/
Home Energy Assistance/Welfare programs www.njhelps.org
Also contact local welfare offices & religious affiliations

23. FINANCIAL & UTILITY ASSISTANCE

Morris County Office of Temporary Assistance (973) 326-7800

Lifeline: Utility Assistance (800) 792-9745

NJ Shares Energy Assistance Regional Office (866) 657-4273
(Non-welfare utility customers who have
exhausted other resources; must have power
discontinued or have power disc. notice)

Heating Energy and Assistance Applications www.state.nj.us/dca/dcr/forms/heaappl.pdf

Eligibility Screenings for Food stamps/Medicaid/
Home Energy Assistance/Welfare programs www.njhelps.org

24. LEGAL

Adult Protective Services (973) 326-7282
For complaints against boarding homes, rooming houses,
and in cases of abuse and neglect

Legal Services of NJ, Hotline (888) 576-5529
Information and advice for low-income residents

Legal Services of Northwest Jersey (973) 285-6911
Civil matters for low-income residents

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|--|------------------------|
| Morris County Bar Association, Lawyer Referral | (973) 267-6089 |
| Morris County Mental Health Administrator System complaints | (973) 285-6852 |
| NJ Office of the Public Defender Mental health and guardianship advocacy | (609) 292-1780 |
| NJ Protection and Advocacy Individuals with mental illness institutionalized within the last 90 days | (800) 922-7233 |
| Sussex County Mental Health Board | (973) 579-0570 Xt 1212 |
| Sussex County Mental Health Administrator | (973) 579-0200 Xt 1212 |
| Warren County Mental Health Administrator | (908) 475-6331 |

25. ADVOCACY

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| Coalition of Mental Health Consumer Organizations (COMHCO) | (973) 345-6834 www.mhanj.org/cap.htm |
| Freedom from Fear - National Non-Profit Mental Illness Advocacy Organization | (888) 289-0550 www.freedomfromfear.org |
| Statewide Parent Advocacy Network, Inc. Parents of children with disabilities/special needs I&R | (800) 654-7726 |

26. LEARN MORE ABOUT THE ILLNESSES

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| U.S. Department of Health & Human Services Substance Abuse and Mental Health Services Administration (SAMSHA) | (800) 789-CMHS (800) 789-2647 |
| Center for Mental Health Services | www.mentalhealth.org |
| National Institute on Mental Health | (301) 443-4513 www.nimh.nih.gov |
| National Mental Health Association | (800) 969-6642 www.nmha.org |
| The Mental Illness Education Project | (800) 805-5581 www.miepvideos.org |
| Medline Plus Service of the National Library of Medicine - Mayo Clinic www.medlineplus.nlm.nih.gov/medlineplus/bipolardisorder.html | www.mayoclinic.com |
| “Doctor’s Guide” Latest Medical News & Information for patients, family members, and friends diagnosed with depression. www.docguide.com/news/content.nsf/PatientResAllCateg/Depression | |

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| NARSAD – The Mental Health Research Association | www.narsad.org |
| The International Foundation for Research Education on Depression (IFRED) | www.depression.org |
| Pendulum Resources Your Gateway to Affective Disorders on the Web “The Bipolar Disorders Portal” | www.pendulum.org |
| Managing Mood Disorders - Audio presentations on treating depression and anxiety in children, adults, and older adults. | www.depression-anxiety.com |
| Continuing Medical Education “Ask the Doctor” Ronald Pies, MD (Clinical Professor at Tufts University) | www.mhsoure.com/expert |
| Depression Central - Clearinghouse for information on all types of depressive disorders. Maintained by Dr. Ivan Goldberg | www.psycom.net |
| Depression & Bipolar Support Alliance | www.dbsalliance.org |
| International Society for Mental Health Online | www.ismho.org |
| Mental Health America | www.mentalhealthamerica.org |
| Mental Health Watch - Designed and sponsored by Canadian psychiatrist Dr. Philip Long. Site contains information on diagnosis & medications. Also a wide variety of articles, news, recovery stories, and newsletters from professionals and other sources. | www.mentalhealthwatch.org |
| Information & Resources Find Information on Mental Health | www.mental-health-matters.com |
| Mental Health Services Directory Find Treatment for Mental Health | www.getmentalhealth.com |
| DANA Foundation and DANA Alliance Site for brain information | www.dana.org |
| Healthyplace.com Mental Health Newsletter | www.healthyplace.com |
| The New Freedom Initiative’s Online Resource for Americans with Disabilities | www.disAbility.gov |
| Suicide Awareness Voices of Education (SAVE) Foundation Includes suicide prevention information | www.save.org |
| American Association of Suicidology | www.suicidology.org |
| American Foundation for Suicide Prevention | www.afsp.org |

International Suicide Prevention Inc.

www.supportisp.org

SUPRE/Suicide Prevention World Health Organization

www.who.int/mental/health

National Mental Health Consumers' Self-Help ClearingHouse

www.MHSelfHelp.org

Physicians for Patients

www.depression.physiciansforpatients.com

www.bipolar.physiciansforpatients.com

Site is a physician enhanced online support community. A Physician is dedicated to each site to help guide discussions and answer questions. The resource will enable people to share information and obtain alternative opinions. Dr. Brian Gondos is the doctor dedicated to the depression and bipolar disorder sites and is board certified in Psychiatry and trained at Harvard University.

Anxiety Disorders Association of America

www.ADA.org

A site to raise awareness and share news about anxiety disorders

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