

SELF HELP RESOURCES

- [Mental Help Net](#)
- [American Psychological Association](#)

This list is not exhaustive, but offers a number of resources that may be helpful to you.

Eating Disorders

- [Remuda Ranch](#)
- [Brookhaven Hospital Renewal Program](#)
- [Pine Rest Christian Mental Health Services Outpatient Program](#)
- [CanopyCove treatment program](#)
- [Renfrew Treatment Center](#)
- [Something Fishy](#)
- [Eating-Disorder.com](#)
- [Caring online.com](#)
- [Mirror-mirror](#)
- [About-Face](#)
- [www.bulimia.com](#)

Alcohol/Substance Use/Abuse

- [www2.potsdam.edu/alcohol-info/SiteIndex.html](#)
- [www.indiana.edu/~engs/aarticles.shtml](#)

Depression

- [depression.about.com/mbody.htm](#)
- [www.depression-screening.org](#)
- [depression.mentalhelp.net/](#)
- [mentalhelp.net](#)
- [www.healingwell.com/depression/](#)
- [www.psychologyinfo.com/depression/](#)
- [www.nami.org/helpline/depress.htm](#)
- [www.ndmda.org](#)
- [www.healthline.com](#)

Generalized Anxiety/Panic

- [Free, private relaxation exercises](#)
- [www.adaa.org/](#)
- [www.lexington-on-line.com/naf.html](#)
- [panicdisorder.about.com/mbody.htm](#)

- ub-counseling.buffalo.edu/anxiety.shtml

- [Anxiety Network Homepage](#)

Post-Traumatic Stress

- www.ncptsd.va.gov/
- www.helpguide.org
- www.mayoclinic.com/health/post-traumatic-stress-disorder/DS00246
- www.medicinenet.com/posttraumatic_stress_disorder/article.htm
- www.webmd.com/mental-health/tc/Post-Traumatic-Stress-Disorder-Topic-Overview

Bi-Polar Disorder

- www.nlm.nih.gov/medlineplus/bipolar-disorder.html
- www.mayoclinic.com/health/bipolar-disorder/DS00356
- www.medicinenet.com/bipolar_disorder/article.htm
- www.webmd.com/bipolar-disorder/default.htm
- www.childrenofbipolar.com/index.php

Obsessive-Compulsive Behavior

- [Obsessive-Compulsive Behavior](#)
- www.panicdisorder.about.com/cs/ocdbasics/a/ocdbasics.htm
- www.mayoclinic.com/health/obsessive-compulsive-disorder/DS00189
- www.webmd.com/anxiety-panic/tc/Obsessive-Compulsive-Disorder-OCD-Topic-Overview
- www.webmd.com/anxiety-panic/guide/obsessive-compulsive-disorder

ADHD/Learning disorders

- www.medicinenet.com/attention_deficit_hyperactivity_disorder_adhd/article.htm
- www.webmd.com/add-adhd/default.htm
- www.apa.org/topics/adhd/index.aspx
- www.add.org/
- www.nlm.nih.gov/medlineplus/attentiondeficithyperactivitydisorder.html
- www.healthline.com/channel/add-adhd.html

Sexual Assault

- [HC Policy on Sexual Assault](#)
- www.rainn.org
- www.911rape.org
- www.emedicinehealth.com/sexual_assault/article_em.htm

Sexual Harassment

- [HC Policy on Sexual Harassment](#)
- www.eeoc.gov/facts/fs-sex.html
- www.ed.gov/about/offices/list/ocr/qa-sexharass.html
- www.expertlaw.com/library/employment/sexual_harassment.html