Resource List for Families

Mental Illness (General)

Books:


Websites:
www.nimh.nih.gov - National Institute on Mental Health
www.mentalhealth.com - Encyclopedia of mental health information
www.nami.org - National Alliance on Mental Illness or 1-800-950-NAMI
www.nmha.org - National Mental Health Association or 1-800-969-NMHA
www.allmentalhealth.samhsa.gov - Substance Abuse and Mental Health Services – has special section on overcoming stigma
www.psychologyinfo.com/problems - Psychology Information Online
Post-Traumatic Stress Disorder (PTSD)

Books:


Websites:

[www.ncptsd.org](http://www.ncptsd.org) - National Center for PTSD

[www.patiencepress.com](http://www.patiencepress.com) - Site with examples of the “Post-Traumatic Gazette”

[www.sidran.org](http://www.sidran.org) - Sidran Traumatic Stress Foundation

[www.trauma-pages.com](http://www.trauma-pages.com) - David Baldwin’s Trauma Information Pages

[www.adaa.org](http://www.adaa.org) - Anxiety Disorders Association of America
Depression

Books:


Websites:

[www.depression.org](http://www.depression.org) - Comprehensive resources about the latest news and information about depression

[www.depressionfallout.com](http://www.depressionfallout.com) - Help for those that suffer the consequences of dealing with a clinically depressed loved one

[www.dbsalliance.org](http://www.dbsalliance.org) - Depression and Bipolar Disorder Alliance

[www.familyaware.org](http://www.familyaware.org) - Families for Depression Awareness

Support And Family Education:

Mental Health Facts for Families

Michelle D. Sherman, Ph.D.
**Phone Numbers:**
Depression and Bipolar Disorder Alliance  1-800-82-NDMDA
National Suicide Hotline  1-800-999-9999

**Bipolar/Manic Depressive Disorder**

**Books:**
Available at [www.seedsofhopebooks.com](http://www.seedsofhopebooks.com)


**Websites:**
[www.bipolarworld.net](http://www.bipolarworld.net) - Bipolar world, includes support and educational information
[www.dbsalliance.org](http://www.dbsalliance.org) - Depression and Bipolar Support Alliance
[www.mhsanctuary.com/bipolar](http://www.mhsanctuary.com/bipolar) - Bipolar disorder sanctuary contains information and support

**Phone Numbers:**
Depression and Bipolar Support Alliance  1-800-82-NDMDA
Schizophrenia

Books:


Websites:
- [www.schizophrenia.com](http://www.schizophrenia.com) - Comprehensive resources about the latest news and information about schizophrenia
- [www.schizophreniadigest.com](http://www.schizophreniadigest.com) - Journal providing inspiration and information about mental illness

Substance Abuse

Books:


Websites:
- [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org) - Online Recovery AA Resources
- [www.al-anon.alateen.org](http://www.al-anon.alateen.org) - Al-Anon Family Group Headquarters

Phone Numbers:
Al-Anon Meeting Information 1-888-425-2666 (888-4AL-ANON)

Support And Family Education:
Mental Health Facts for Families
Michelle D. Sherman, Ph.D.
Anxiety Disorders

Books:


Websites:
www.adaa.org - Anxiety Disorders Association of America: resources for consumers and professionals

www.freedomfromfear.org - Freedom From Fear – includes overview of anxiety disorders and depression

Personality Disorders

Books:


Websites:
www.BPDCentral.com - Borderline Personality Disorder Web Site

personalitydisorders.mentalhelp.net - Mental Help Net – Personality disorders
For Children


*Bart Speaks Out: Breaking the Silence on Suicide.* (1998). L. Goldman. Los Angeles: Western Psychological Services. (the family dog talks about his feelings when its owner commits suicide) (Currently available only through Western Psychological Services, 800-648-6857).


**Autobiographies**

**Depression**


**Bipolar / Manic Depressive Disorder**


**Schizophrenia**


**Substance Abuse**
Other Helpful Websites

[www.caregiver.org](http://www.caregiver.org) - Family Caregiver Alliance
[www.psych.org](http://www.psych.org) - American Psychiatric Association
[www.safemedication.com](http://www.safemedication.com) - Provides easy-to-understand information about medications
[www.supportpath.com](http://www.supportpath.com) - Support groups and chat rooms for patients and family members
[www.healthyplace.com](http://www.healthyplace.com) - Communities/support groups regarding mental illness
[www.va.gov](http://www.va.gov) - United States Department of Veterans Affairs