



Resources for Depression & Anxiety Disorders

- www.adaa.org
Anxiety Disorders Association of America: Information on anxiety disorders, as well as teen anxiety.
- www.apa.org
American Psychological Association
- www.dbsalliance.org
Depression and Bipolar Support Alliance: Information on depression and bipolar disorder as well as listings.
- www.nmha.org
Mental Health America: Information, advocacy and education to promote mental health issues and prevent mental disorders.
- www.nimh.nih.gov
National Institute of Mental Health: Dedicated to reducing the burden of mental illness and behavioral disorders through research on mind, brain, and behavior
- www.ocfoundation.org
Obsessive-Compulsive Foundation: Information, support and assistance for people with OCD, their families and mental health professionals.
- www.psychcentral.com
Information about psychiatric disorders and treatment resources
- www.selfgrowth.com
A complete guide to information about personal growth and self help on the Internet.