



## Resources for Depression & Anxiety Disorders

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