

For Practitioners: More Self-Help Resources for Members

Self-help is an under-recognized resource in the treatment of various behavioral health conditions. MHN would like to encourage behavioral health practitioners to discuss self-help options with all patients. In this short communication, we offer some web resources that you might want to review as potentially useful to your patients or, alternatively, that you might print and distribute to patients who do not have web access.

Hazardous Alcohol Use

Alcoholics-Anonymous

<http://www.alcoholics-anonymous.org/?Media=PlayFlash>

Al-Anon

<http://www.al-anon.alateen.org/>

Narcotics Anonymous

<http://www.na.org/>

Substance Abuse & Mental Health Services Administration

<http://www.samhsa.gov/treatment/index.aspx>

Self Help Group Sourcebook Online

<http://mentalhelp.net/selfhelp/>

National Mental Health Consumers' Self-Help Clearinghouse

www.mhselfhelp.org/

Substance Abuse & Mental Health Service Administration (SAMHSA)

<http://getfit.samhsa.gov/> [**>Alcohol**] or [**>Drugs**]

Strategies for Cutting Down, What's a Standard Drink? , U.S. Adult Drinking Patterns

- <http://www.niaaa.nih.gov/NR/rdonlyres/99F90B78-D784-42B1-8009-EA8B8654472D/0/2007StrategiesForCuttingDown.pdf>
- <http://www.niaaa.nih.gov/NR/rdonlyres/1D2BE3DF-18D7-47EE-98C5-E907C7611929/0/StandardDrink.pdf>
- <http://www.niaaa.nih.gov/NR/rdonlyres/E170A639-B684-41A6-8EB6-1237AF74E56C/0/DrinkingPatterns.pdf>

National Institute on Alcohol Abuse and Alcoholism

<http://www.niaaa.nih.gov/Publications/PamphletsBrochuresPosters/English/default.htm>

Pain

American Pain Foundation

www.painfoundation.org

American Chronic Pain Association

www.theacpa.org

Depression

National Institute of Mental Health

<http://www.nimh.nih.gov> – Select *Health & Outreach > Depression*

Depression and Bipolar Support Alliance

<http://www.dbsalliance.org> - Select *Learn about Mood Disorders > Depression*

Substance Abuse & Mental Health Service Administration (SAMHSA)

<http://getfit.samhsa.gov> – Select *Mental Health*

PostPartum Depression

Expert Consensus Guideline Series

<http://www.psychguides.com/DinW%20postpartum.pdf>

Depression After Delivery

www.depressionafterdelivery.com

Post Partum Support International

www.postpartum.net

Late Life Depression

Expert Consensus Guideline Series

<http://www.psychguides.com> – Select *Patient-Family Guides, then Depression in Older Adults*

Geriatric Mental Health Foundation

<http://www.gmhfonline.org/gmhf/consumer/depression.html>

Child & Adolescent Depression

National Alliance on Mental Illness

- http://www.nami.org/Content/ContentGroups/HelpLine1/Facts_About_Childhood_Depression.htm
- http://www.nami.org/Content/ContentGroups/CAAC/Adolescent_Depression_Family_Guide.htm
- http://www.nami.org/Template.cfm?Section=Child_and_Teen_Support&Template=/ContentManagement/ContentDisplay.cfm&ContentID=23875&Istid=819

Depression and Bipolar Support Alliance

http://www.dbsalliance.org/site/PageServer?pagename=about_depression_SSRIsAndKids

National Institute of Mental Health

- <http://www.nimh.nih.gov/health/topics/depression/depression-in-children-and-adolescents.shtml>
- <http://www.nimh.nih.gov/health/publications/depression/how-do-children-and-adolescents-experience-depression.shtml>
- <http://www.nimh.nih.gov/health/publications/men-and-depression/depression-in-boys-and-adolescent-boys.shtml>
- <http://www.nimh.nih.gov/about/updates/2005/antidepressant-medications-for-children-and-adolescents-information-for-parents-and-caregivers.shtml>

Families for Depression Awareness

<http://www.familyaware.org/teens/default.php>

American Psychiatric Association

<http://parentsmedguide.org/parentsmedguide.pdf>

American Academy of Child & Adolescent Psychiatry

<http://www.aacap.org/page/ww?section=Facts%20for%20Families&name=The%20Depressed%20Child>

Anxiety

Anxiety Disorders Association of America
www.adaa.org

Free Anxiety Self-Help Website
www.anxieties.com Choose a topic or select *Generalized Anxiety Disorder*

Depression and Bipolar Support Alliance
<http://www.dbsalliance.org> – Select *Learn about Mood Disorders > Anxiety*

National Institute of Mental Health
<http://www.nimh.nih.gov> – Select *Health & Outreach > Anxiety Disorders*

Mayo Clinic
<http://www.mayoclinic.com> – Search for *Anxiety*

ADHD

Understanding ADHD:
<http://www.chadd.org/AM/Template.cfm?Section=Understanding>

ADHD, What Parents Should Know:
<http://familydoctor.org/online/famdocen/home/children/parents/behavior/118.html>

National Institute of Mental Health: ADHD Booklet:
<http://www.nimh.nih.gov/health/publications/adhd-listing.shtml>

National Resource Center on ADHD patient Web site:
<http://www.help4adhd.org/>

Medication Adherence

National Council on Patient Information and Education:
www.talkaboutrx.org/med_users_tools.jsp

New York City Department of Health and Mental Hygiene:
www.nyc.gov/html/doh/downloads/pdf/public/dohmhnews6-09.pdf

National Patient Safety Foundation, Ask Me 3:
www.npsf.org/askme3/pdfs/tips.pdf

Sleep/Insomnia

National Sleep Foundation
www.sleepfoundation.org

American Academy of Sleep Medicine
<http://www.sleepeducation.com/>

Borderline Personality Disorder

Behavioral Tech

http://www.behavioraltech.com/resources/tools_consumers.cfm

National Association for Personality Disorder

www.tara4bpd.org

Borderline Personality Disorder Information & Support

www.bpdcentral.com

National Educational Alliance for Borderline Personality Disorder

<http://neabpd.org/index.html>

Cognitive-Behavioral Skills: Online Learning

Internet-based interactive CBT for insomnia (about \$25, either internet, MP3 or CD)

<http://www.cbtforinsomnia.com/>

Internet-based interactive CBT program (about \$20 per month for unlimited use)

<http://healthcoach.myselfhelp.com/index.html>

Internet-based CBT program for *prevention* of depression (free)

<http://www.moodgym.anu.edu.au/>

Online self-monitoring features to track mood and meds (free)

<http://www.moodtracker.com/index.php>

Project CATCH-IT, teaches coping skills to prevent depression to teens & young adults (free)

<http://catchit-public.bsd.uchicago.edu/>