Suicide Prevention Resources

National Suicide Prevention Lifeline – national hotline and resources for someone who may be suicidal
www.suicidepreventionlifeline.org/

Stop a Suicide – information for friends, family, or other individual concerned about someone who may be suicidal
www.stopasuicide.org

Mental Health Resources

Alcoholics Anonymous – info on alcoholism and where to get assistance

Anxiety and Depression Association of America – educational and informational website
www.adaa.org

Anorexia and other Eating disorders – information, support, and treatment
www.anad.org

American Psychiatric Association – education and mental health information
www.psychiatry.org/mental-health

American Psychological Association – mental health information and links for local assistance
www.apahelpcenter.org

Child and Adults with Attention Deficit/Hyperactivity Disorder – education and support for ADHD
www.chadd.org

Connecticut Coalition Against Domestic Violence – resources and information for victims of abuse
www.ctcadv.org/

Depression and Bipolar Support Alliance – information, wellness and support groups
www.dbsalliance.org

Mental Health Screenings – factsheets and screening questionnaires for emotional and behavior disorders
mentalhealthscreening.org/

National Association on Mental Illness – information on mental disorders and local NAMI chapters
www.nami.org

National Institute for Mental Health – education and research on mental health
www.nimh.org

Prevention of Child Abuse – information and research on child abuse
www.preventchildabuse.org

Substance Abuse and Mental Health Services Administration – information on addiction and resources for services
www.samhsa.gov/