

**Helpful Mental Health Websites—  
(rated for value to consumers & families)**

websites	Rating
<a href="http://www.samhsa.gov/index.aspx">http://www.samhsa.gov/index.aspx</a> US Dept of Health & Human Services—Substance Abuse & Mental Health Admin. <a href="http://www.mentalhealth.samhsa.gov/cmhs/">http://www.mentalhealth.samhsa.gov/cmhs/</a> Center for mental health services <a href="http://www.mentalhealth.samhsa.gov/consumersurvivor/recovery/info">http://www.mentalhealth.samhsa.gov/consumersurvivor/recovery/info</a>	*****   *****  *****
<a href="http://www.nimh.nih.gov/">http://www.nimh.nih.gov/</a> National Institute of Mental Health- Working to improve mental health through biomedical research on mind, brain, and behavior	*****
<a href="http://bazelon.org/">http://bazelon.org/</a> Bazelon Center for Mental Health Law---advocacy for civil rights & human dignity.	*****
<a href="http://www.idiom.com/~drjohn/">http://www.idiom.com/~drjohn/</a> Dr. John Friedberg, neurology—brain disorders	*
<a href="http://human-nature.com">http://human-nature.com</a> : understanding human nature—articles & commentary	*
<a href="http://www.contac.org/">http://www.contac.org/</a> Consumer Organization and Networking Technical Assistance Center	*****
<a href="http://www.bu.edu/cpr/">http://www.bu.edu/cpr/</a> Boston University Center for Psychiatric Rehabilitation <a href="http://www.bu.edu/cpr/jobschool/index.html">http://www.bu.edu/cpr/jobschool/index.html</a> Consumer website for handling your mental illness at work & school	*****  *****
<a href="http://www.mentalhealthrecovery.com/">http://www.mentalhealthrecovery.com/</a> Mary Ellen Copeland—WRAP, recovery	*****
<a href="http://www.mhselfhelp.org/">http://www.mhselfhelp.org/</a> National Mental Health Consumers' Self-help Clearinghouse Consumer-run self-help & advocacy resources	*****
<a href="http://www.breggin.com/">http://www.breggin.com/</a> Psychiatric drug facts by Peter Breggin, MD	**
<a href="http://www.jan.wvu.edu/">http://www.jan.wvu.edu/</a> The Job Accommodation Network: A service of the US Department of Labor's Office of Disability Employment Policy	**
<a href="http://www.wildestcolts.com/index.htm">http://www.wildestcolts.com/index.htm</a> Wildest Colts Resources: A resource site for parents, and a challenge to the biomedical mental health industry	*
<a href="http://www.ncstac.org/">http://www.ncstac.org/</a>	**

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<a href="#">the National Mental Health Association's National Consumer Supporter Technical Assistance Center</a>	
<a href="http://www.power2u.org/">http://www.power2u.org/</a> National empowerment Center—Recovery	****
<a href="http://www.nmha.org/">http://www.nmha.org/</a> National Mental Health Association	***
<a href="http://www.mindfreedom.org/">http://www.mindfreedom.org/</a> United Action for Human Rights in Mental Health.	***
<a href="http://www.alz.org/">http://www.alz.org/</a> Alzheimer's Association—resources, research, advocacy	***
<a href="http://www.aacap.org/">http://www.aacap.org/</a> American Academy of Child & Adolescent Psychiatry: assisting parents & families in understanding developmental, behavioral, emotional, and mental disorders in children & adolescents	***
<a href="http://www.aan.com">http://www.aan.com</a> American Academy of Neurology <a href="http://www.thebrainmatters.org">http://www.thebrainmatters.org</a> understanding common disorders of the brain	**  ***
<a href="http://www.suicidology.org/">http://www.suicidology.org/</a> dedicated to the understanding & prevention of suicide	****
<a href="http://www.afps.org">http://www.afps.org</a> American Foundation for Suicide Prevention <a href="http://www.afsp.org/education/teen/index.htm">http://www.afsp.org/education/teen/index.htm</a> teen education site: "tell someone, tell anyone"	****  ***
<a href="http://www.psych.org/">http://www.psych.org/</a> American Psychiatric Association	**
<a href="http://www.apa.org/">http://www.apa.org/</a> American Psychological Association—psychology topics	***
<a href="http://www.adaa.org">http://www.adaa.org</a> Anxiety Disorders Association of America	***
<a href="http://www.familyvoices.org/">http://www.familyvoices.org/</a> speaking on behalf of children and youth with special health care needs	**
<a href="http://www.ffcmh.org/">http://www.ffcmh.org/</a> The Federation of Families for Children's Mental Health--- policy, technical assistance and training <a href="http://www.coloradofederation.org/">http://www.coloradofederation.org/</a> CO chapter	*  *
<a href="http://www.nacoa.org/">http://www.nacoa.org/</a> National Association for Children of Alcoholics <a href="http://www.nacoa.org/kidspage.htm">http://www.nacoa.org/kidspage.htm</a> kids' resources	**  ***

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<a href="http://www.dbsalliance.org/">http://www.dbsalliance.org/</a> Depression & Bipolar Support Alliance	***
<a href="http://www.depression.org/">http://www.depression.org/</a> info about symptoms & treatment	**
<a href="http://www.depression.org/NNewsFolder/NNewsIndex.html">http://www.depression.org/NNewsFolder/NNewsIndex.html</a> NAFDI News-The National foundation for Depressive Illness	***
<a href="http://www.niaaa.nih.gov/">http://www.niaaa.nih.gov/</a> National Institutes of Health—Nat'l Institute on Alcohol Abuse & Alcoholism	**
<a href="http://www.thecoolspot.gov/">http://www.thecoolspot.gov/</a> website for middle-schoolers	***
<a href="http://www.aa.org/">http://www.aa.org/</a> Alcoholics Anonymous	****
<a href="http://www.schizophrenia.com/index.html">http://www.schizophrenia.com/index.html</a> information, support, education	****
<a href="http://www.nsfoundation.org/sa/">http://www.nsfoundation.org/sa/</a> National Schizophrenics Foundation, Schizophrenics Anonymous	****
<a href="http://www.bipolarchild.com/">http://www.bipolarchild.com/</a> Demitri Papolos, MD	***
<a href="http://www.bpkids.org/">http://www.bpkids.org/</a> Child & Adolescent Bipolar Foundation	****
<a href="http://www.bpsso.org/">http://www.bpsso.org/</a> Bipolar Significant Others	****
<a href="http://www.moodswing.org">http://www.moodswing.org</a> web community for bipolar disorder	**
<a href="http://www.psycom.net/">http://www.psycom.net/</a> Books on all disorders, depression central, info on affective disorders	**
<a href="http://www.mentalhealth.com/">http://www.mentalhealth.com/</a> Internet Mental health—encyclopedia of mental health disorders, medication, research	***
<a href="http://www.mental-health-matters.com/">http://www.mental-health-matters.com/</a> for consumers, professionals, students, and supporters	**
<a href="http://www.cdhs.state.co.us/ohr/mhs/index.html">http://www.cdhs.state.co.us/ohr/mhs/index.html</a> Colorado Dept of Human Services-Division of Mental Health Mental health treatment for Medicaid recipients	**
<a href="http://www.mentalhealthcommission.gov/index.html">http://www.mentalhealthcommission.gov/index.html</a> President's New Freedom Commission on Mental health	***
<a href="http://www.childtrauma.org/">http://www.childtrauma.org/</a> Dr. Bruce Perry—child trauma academy	**
<a href="http://www.peakparent.org">http://www.peakparent.org</a> Peak Parent Center of CO Springs—for families of children w/disabilities. Inclusive education, IEP's	***

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<a href="http://www.rtc.pdx.edu/">http://www.rtc.pdx.edu/</a> Research & Training Center on Family Support & Children’s Mental Health	***
<a href="http://www.ssa.gov/">http://www.ssa.gov/</a> Social Security Administration	**
<a href="http://www.wrightslaw.com/">http://www.wrightslaw.com/</a> Special education law & advocacy	****
<a href="http://www.reintegration.com/">http://www.reintegration.com/</a> The Center for Reintegration—Meaningful life assistance for people with persistent mental illness	****
<a href="http://www.thelegalcenter.org/">http://www.thelegalcenter.org/</a> The Legal Center for People with Disabilities & Older People—mental health and special education advocacy	***
<a href="http://www.ed.gov/index.jhtml">http://www.ed.gov/index.jhtml</a> US Dept of Education	***
<a href="http://www.psych.uic.edu/mhsrp">http://www.psych.uic.edu/mhsrp</a> University of Illinois at Chicago—Mental Health Services Research Program	***
<a href="http://www.recovery-inc.com/">http://www.recovery-inc.com/</a> Recovery, Inc.—self-help mental health	****
<a href="http://www.yourchn.com/">http://www.yourchn.com/</a> Colorado Health Networks consumer pages	***
<a href="http://www.slvnhc.org/">http://www.slvnhc.org/</a> San Luis Valley Mental Health Center Website	***