

Mental Health Information/ Resources

National Alliance on Mental Illness

www.nami.org

NAMI is the nation's largest grassroots organization for people with mental illness and their families. NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life for persons of all ages who are affected by mental illnesses. NAMI members and friends work to fulfill our mission by providing support, education, and advocacy.

Heart of Texas Region Mental Health and Mental Retardation Center

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

The Heart of Texas Region MHMR Center is made up of caring professionals who are dedicated to helping individuals and families cope with mental illness, mental retardation, developmental delays, and emotional conflict. Services for mental health include: mental health admission, crisis Hotline, Inpatient psychiatric hospitalization, Outreach teams, Case management, Rehabilitation/counseling, and more.

Substance Abuse and Mental Health Services Administration

<http://mentalhealth.samhsa.gov/>

This is part of the United States Department of Health and Human Services. This website has information for mental health consumers, survivors, family members, and the public. Featured items are current topics about mental health issues, Children's Mental Health, National Suicide Prevention Initiative, Youth Violence Prevention, Managing Anxiety, and much more. This site also has links to other sites as well as a resource locator for your community.

SAMHSA Health Information Network

<http://www.samhsa.gov/shin/>

This site has recent publications about mental health and substance abuse issues. Archives are also available at this site. Other information available about grants, statistics, and programs.

Austin Travis County Mental Health and Mental Retardation Center

http://resources.atcmhmr.com/poc/view_index.php?idx=topics

The mission is to improve the lives of people who experience mental, emotional or substance use disorders and intellectual and developmental disabilities and delays. This will be accomplished by: Effective treatment and support services; Advocacy, education, and collaboration Responsible stewardship; Promotion of recovery; and Encouragement of positive attitudes and expectations. The services provided are for Austin and Travis County; however this site has a lot of useful information about mental health issues and services.

Mental Health America of Texas

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

The mental Health Association in Texas reaches out to communities across Texas to promote mental health, prevent mental disorders, and improve the care and treatment of people with mental illnesses through education and advocacy. Some of the resources available on this site are

publication information, mental health facts, Texas affiliates, public policy, find a therapist, and mental health links.

Federation of Families for Children's Mental Health

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

The National family-run organization dedicated exclusively to helping children with mental health needs and their families achieve a better quality of life. We provide leadership to develop and sustain a nationwide network of family-run organizations. Focus the passion and cultural diversity of our membership to be a potent force for changing how systems respond to children with mental health needs and their families. Help policy-makers, agencies, and providers become more effective in delivering services and supports that foster healthy emotional development for all children.

Information About Mental Health

<http://mentalhealth.about.com/>

This website is full of information about various types of mental health issues. Some of the information available on this site is mental illness, mental health medications, talk therapy, finding help, age-specific resources, gender & culture, and publications.

National Mental Health Information Center

<http://nmhicstore.samhsa.gov/publications/ordering.aspx>

This site has pamphlets, booklets, and other materials about mental health issues available to order: items are free.

Screening for Mental Health

<http://www.mentalhealthscreening.org/community/index.aspx>

The community-based programs described on this site offer health care, social service, advocacy and government organizations the tools to provide screening and education for today's most pressing mental health problems: depression, suicide, bipolar disorder, alcohol use disorders, generalized anxiety disorder and posttraumatic stress disorder. Screenings and tool kits are available to download so that they can be implemented into your community.

Department of State Health Services

<http://www.dshs.state.tx.us/mentalhealth.shtm>

This is the mental health portion of the DSHS website. This site keeps up to date of current initiatives for mental health, how to find mental health services, consumer rights, and various other resources.

Advocacy, Inc

<http://www.advocacyinc.org/index.cfm>

The mission is to advocate for, protect and advance the legal, human and service rights of people with disabilities. This site has information about community integration, education, health care, publications, and other links.

Mental Health Resources for Local College Students

Baylor University Mental Health Services

http://www.baylor.edu/counseling_center/

This site has information about clinical services offered to current Baylor University students. This site offers self-screening tests, contact information, general mental health education, a virtual mental health fair, and much more. There is also information for students about staff support, intake form, confidentiality, and fees.

Texas State Technical College Mental Health Services

<http://www.ulifeline.org/schools/tstcwaco>

This site has information about clinical services offered at TSTC. However, there is useful information for people who are not students. This site has a quick mental health test, general education about mental health issues, directory for mental health resources, resources specifically for students, fact sheets, and more.

Drug Education Information

FDA Approved Drug List

<http://www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm>

This site lists all FDA approved drugs; can be searched for by name, active ingredient, or application number.

National Institute of Drug Abuse

<http://www.nida.nih.gov/>

NIDA's mission is to lead the Nation in bringing the power of science to bear on drug abuse and addiction. This charge has two critical components. The first is the strategic support and conduct of research across a broad range of disciplines. The second is ensuring the rapid and effective dissemination and use of the results of that research to significantly improve prevention, treatment and policy as it relates to drug abuse and addiction. This site provides vast amounts of information regarding to drug abuse, drug education, support systems, news, research, information for teachers and parents, and more.

NIDA for Teens

<http://teens.drugabuse.gov/>

This is part of the NIDA website, but specifically for teenagers. This site includes games, real stories, and facts.