

**The following links are listed to provide you with additional online mental health care information and counseling resources.**

### **Addictions**

[Alcoholics Anonymous](#)

[McLean Hospital - Alcohol and Drug Abuse Treatment Program](#)

[Recovery.org](#)

[SAMHSA - Substance Abuse and Mental Health Services Administration](#)

[Web of Addictions](#)

### **Anxiety Disorders**

[Answers to Your Questions About Panic Disorder](#)

[Calm Clinic for anxiety and panic](#)

[International OCD Foundation](#)

[National Center for PTSD](#)

[Obsessive-Compulsive Disorder \(OCD\), Mayo Clinic](#)

[Recognizing Anxiety Disorder and How to Cope](#)

### **Associations & Hospitals**

[American Association for Marriage and Family Therapy](#)

[American Psychological Association](#)

[Cleveland Clinic](#)

[Gould Farm - Psycho-social rehab program for adults with mental health challenges](#)

[Mass General Hospital - Psychiatry](#)

[McLean Hospital](#)

[National Alliance on Mental Health](#)

[National Institute of Mental Health](#)

### **Attention Deficit Hyperactive Disorder (ADHD)**

[ADD and ADHD Health Center - Web MD](#)

[Attention-Deficit Hyperactivity Disorder, NIMH](#)

### **Cognitive Behavior Therapy (CBT)**

[What is Cognitive Behavior Therapy - Beck Institute](#)

[What is Cognitive Behavior Therapy -About Education](#)

### **Depression**

[Dealing with Depression](#)

[Symptoms of Postpartum Depression & Anxiety](#)

### **Domestic Violence**

[The National Domestic Violence Hotline Website](#)

## **Eating Disorders**

[MEDA - Multi-Service Eating Disorders Association](#)

[National Eating Disorders Association](#)

## **Grief**

[Coping with Grief and Loss](#)

[Death and Grief for Teens](#)

[Samaritans - Crisis and Grief Support](#)

## **Internal Family Systems**

[About Internal Family Systems Therapy](#)

[Center for Self Leadership](#)

## **Legal**

[Massachusetts Court System](#)

[Middlesex County District Attorney](#)

[Restraining Order](#)

## **Medical Issues**

[Alzheimer's Disease Fact Sheet](#)

[American Cancer Society](#)

[Autism Speaks](#)

[American Diabetes Association](#)

[Concussion](#)

[Endometriosis Foundation of America](#)

[National Multiple Sclerosis Society](#)

[Spot a Stroke](#)

## **Medications for Anxiety and Depression**

[Finding the Right Anti-depressant - Mayo Clinic](#)

[Medications for Anxiety and Depression - WebMD](#)

## **Mental Health Diagnostic Information**

[ADHD - Adults](#)

[Anxiety and Panic Types and Symptoms](#)

[Bipolar Disorder](#)

[Depression](#)

[Depression - NIMH](#)

[Diagnosis Criteria for mental health disorders](#)

[Ten Subtle Signs of Bipolar Disorder](#)

[Trichotillomania - Hair Pulling Disorder](#)

[Understanding Schizophrenia](#)

## **Myers-Briggs Personality**

[Briggs-Myers 16 Personality Types](#)

[Myers-Briggs - Carl Jung's Personality Quiz](#)

## **Personality Disorders**

[Personality Disorders and Traits](#)

## **[PsychologyToday.com](#)**

## **Sexual Abuse**

[Child Sexual Abuse - RAINN](#)

[Sexual Assault](#)

## **Suicide**

[National Suicide Prevention Lifeline](#)

[Suicide Prevention](#)

## **Trauma**

[EMDR Institute](#)

[Eye Movement Desensitization and Reprocessing - NREPP](#)

Note: Not responsible for the content, claims or representations of the listed sites.