

ONLINE MENTAL HEALTH RESOURCES

MENTAL HEALTH SCREENINGS

- www.grcc.edu/mentalhealth
- www.depressionscreening.org
- www.freedomfromfear.org/screenrm.asp
- www.mentalhealthscreening.org/

DEPRESSION INFORMATION

- www.freedomfromfear.org
- www.grcc.edu/mentalhealth
- www.nimh.nih.gov/healthinformation/depressionmenu.cfm
- www.med.umich.edu/depression (click on *Understanding Depression*)

ANXIETY INFORMATION

- www.nmha.org/camh/college/fact_sheets.cfm#anxiety
- www.nimh.nih.gov/healthinformation/anxietymenu.cfm

SUICIDE INFORMATION

- www.suicidepreventionlifeline.org
- www.nmha.org/camh/college/fact_sheets.cfm#suicide
- www.nopcas.org
- www.afsp.org

POST TRAUMATIC STRESS DISORDER INFORMATION

- www.nimh.nih.gov/healthinformation/ptsdmenu.cfm

EATING DISORDER INFORMATION

- www.nationaleatingdisorders.org
- www.forestviewhospital.com/our-services_eating.shtml
- www.grcc.edu/mentalhealth
- www.nmha.org/camh/college/fact_sheets.cfm#eating_disorder

SELF INJURY INFORMATION

- www.selfinjury.com

MENTAL HEALTH RESOURCES IN SPANISH

- www.freedomfromfear.org
- www.nlbha.org

LOCAL SERVICES FOR MENTAL HEALTH SERVICES

- www.forestviewhospital.org – Forest View
- www.pinerest.org – Pine Rest
- www.arborcircle.org - Arbor Circle
- www.network180.org – Network 180
- www.familyoutreachcenter.org – Family Outreach Center

SUPPORT GROUPS

- www.pinerest.org/education/supportgroups.asp
- www.mhweb.org
- www.devoschildrens.org (click on *Support Groups*)
- www.spectrum-health.org (click on *Classes and Events*)

DRUG AND ALCOHOL RESOURCES

- www.nmha.org/camh/college/fact_sheets.cfm#alcohol
- www.grandrapidsaa.org – Alcoholics Anonymous
- www.afgmichigan.addr.com/ – Alateen (Teenage Alcoholics-Anonymous members)

PHONE HELP LINES

- Network 180 – 616.336.3909
- United Way First Call for Help – Dial 211
- National Hopeline Network - 1-800-SUICIDE (784-2433)

SEASONAL AFFECTIVE DISORDER

- www.mayoclinic.com/health/seasonal-affective-disorder/DS00195

FAMILY RESOURCE GUIDE ONLINE

- www.familyresourceguide.info/

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This handout was prepared by:

Counseling and Career Center 143 Bostwick Avenue NE Grand Rapids, Michigan 49503-3295 (616) 234-3900 FAX (616) 234-3546

www.grcc.edu/counseling