

PERSONAL COUNSELING ONLINE RESOURCES

ADDICTIONS:

www.addictionsearch.com

ADD/ADHD:

www.add.org. Search "Resources & Support."

www.ncbi.nlm.nih.gov

www.nimh.nih.gov

ALCOHOL & SUBSTANCE ABUSE:

www.niaaa.nih.gov

www.aa.org

www.NA.org

www.drugabuse.gov

ANGER:

www.mayoclinic.com/health/anger-management/MH00102

www.helpguide.org/mental/anger_management_control_tips_techniques.htm

ANXIETY:

www.webmd.com/anxiety-panic/default.htm

www.medicinenet.com/anxiety/article.htm

www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml

ASSERTIVENESS:

www.cmhc.utexas.edu/booklets/assert/assertive.html

www.counselingcenter.illinois.edu/?page_id=18

www.mayoclinic.com/health/assertive/SR00042

BI-POLAR DISORDER:

www.helpguide.org/topics/bipolar.htm

www.nimh.nih.gov/health/publications/bipolar-disorder/complete-index.shtml

COMMUNICATION:

www.cnvc.org (Center for NonViolent Communication)

www.helpguide.org/mental/eq4_emotion_communicates.htm

CULTURAL ISSUES:

www.mentalhealth.about.com/od/gender/Gender_and_Cultural_Issues.htm

www.allaboutcounseling.com/culture.htm

DEPRESSION:

www.ncbi.nlm.nih.gov

www.nimh.nih.gov/health/publications/depression/complete-index.shtml

DOMESTIC VIOLENCE:

www.azcadv.org/

www.steppingstonesaz.org/

www.verdevalleysanctuary.org

www.yfac.org/

EATING/FOOD ISSUES:

www.ulifeline.org/main/factsheets/30

www.nationaleatingdisorders.org/

FAMILIES:

www.livestrong.com/article/170678-how-to-build-a-healthy-family-relationship/

www.edis.ifas.ufl.edu/he326

GAMBLING:

www.helpguide.org/mental/gambling_addiction.htm

www.ncpgambling.org/i4a/pages/index.cfm?pageid=1

GRIEF/ LOSS:

www.helpguide.org/mental/grief_loss.htm

www.mayoclinic.com/health/grief/MH00036

www.grieflossrecovery.com/

INTERNET GAMING/ INTERNET ADDICTION:

www.addictionrecov.org

www.helpguide.org/mental/internet_cybersex_addiction.htm

www.netaddiction.com

LESBIAN/ GAY/ BISEXUAL/ TRANSGENDER ISSUES:

www.glbtfvoftheverdevalley.com

www.prescottpridecenter.com/PPC_links.htm

www.flagstaffpride.org/

Youth National Talk Line 1.800.246.7743/

youth@glbtfnationalhelpcenter.org

MENTAL ILLNESS:

www.nami.org (National Alliance on Mental Illness)

RELATIONSHIPS:

www.helpguide.org/mental/improve_relationships.htm

www.nurturingrelationships.com/

SEXUAL ASSAULT:

www.womenshealth.gov/publications

SEXUAL HARASSMENT:

www.usu.edu/aaeo/sexualharass.html

www.un.org/womenwatch/osagi/pdf/whatishh.pdf

SLEEP:

www.sleepfoundation.org/

www.webmd.com/sleep-disorders/default.htm

STRESS:

www.ulifeline.org/main/factsheets/51

www.stress.org/

www.stressaffect.com/college-student-stress.html

SUICIDE 911

West Yavapai Guidance Clinic: 928.445.5211 **24/7**

www.wygc.org/

Verde Valley Guidance Clinic: 928.634.2236 **24/7**

www.verdevalleyguidanceclinic.com

National HopeLine Suicide Hotline: 1.800.SUICIDE (1.800.784.2433)

Arizona Toll-Free Crisis Hotline: 1.866.205.5229

National Suicide Prevention: 1.800.273.TALK (1.800.273.8255)

www.suicidepreventionlifeline.org/ www.afsp.org

TRAUMA

www.apa.org/helpcenter/disaster/. Search Disasters & Terrorism.

www.samhsa.gov/MentalHealth/Tips_Survivors_Managing_Your_Stress.pdf

WELLNESS

www.definitionofwellness.com/

www.wellness.com/

FOR MORE INFORMATION:

judy.brennen@yc.edu / 928.771.6183