

Depression, Anxiety, Alcohol and Drug Abuse Websites

Below please find a list of websites to help you find out more about depression and anxiety as well as alcohol and drug use. All of the guides and websites below are free.

Websites
<p>Depression</p> <ul style="list-style-type: none">○ Depression is a common illness that can affect anyone. Learn how to understand the difference between everyday sadness and depression that needs treatment: http://www.nimh.nih.gov/health/publications/depression-easy-to-read/depression-trifold.pdf○ This guide is for older adults that might have depression. It talks about how to understand what depression is and gives ideas about how to help yourself with depression: http://champ-program.org/static/Patient%20Education%20booklet%20121010.pdf
<p>Anxiety</p> <ul style="list-style-type: none">○ Are you or someone you know extremely worried about everything in life, even if there is little or no reason to worry? This site explains what a Generalized Anxiety Disorder is and how to treat it: http://www.nimh.nih.gov/health/publications/generalized-anxiety-disorder-gad/index.shtml○ In this pamphlet, learn all about the different anxiety disorders and how they affect about 18% of American adults every year: http://www.nimh.nih.gov/health/publications/anxiety-disorders/index.shtml
<p>Alcohol Use</p> <ul style="list-style-type: none">○ Mixing alcohol with medications is a real danger. Learn more about which medications should never be mixed with alcohol here: http://pubs.niaaa.nih.gov/publications/Medicine/Harmful_Interactions.pdf○ This site talks about how to understand alcohol abuse and addiction: http://www.easyread.drugabuse.gov/signs-of-alcohol-addiction.php○ This self-help guide walks you through the steps of beginning to overcome an addiction to alcohol: http://www.helpguide.org/mental/alcohol_abuse_alcoholism_help_treatment_prevention.htm
<p>Drug Use</p> <ul style="list-style-type: none">○ Addiction to drugs is a disease and can affect anyone. This site has easy-to-read facts about different drugs, guides for treatment, and a video about why drugs are so hard to quit: http://easyread.drugabuse.gov/index.php○ Are you or a friend wondering if you might have a drug problem? Take this 20-question self-test to learn more: http://ncadd.org/index.php/learn-about-drugs/drug-abuse-self-test○ This site answers questions about how different kinds of drugs affect people – including marijuana and prescription drugs: http://ncadd.org/index.php/learn-about-drugs/faqsfacts