

Below you will find a list of a variety of mental health issues and links for more information. Be a WISE consumer when getting information on line. Make sure you are getting information from a reputable source. The links below are recommended by the FAU Counseling Center.

Academic

[Great Study Help Site!](#)

[College Success](#)

[Graduate School Tips](#)

[Campus Blues](#)

[GRE.org](#)

Aging

[National Institute on Aging](#)

[Resource Centers for Minority Aging Research](#)

[Depression and Suicide in Older Adults Resource Guide](#)

Al-Anon

[What is Al-Anon?](#)

[Al-Anon Meeting Schedule](#)

[Al-Anon Home Page](#)

Alcoholics Anonymous (AA)

[Alcoholics Anonymous Home Page](#)

[AA Broward County](#)

[AA Florida](#)

[AA Palm Beach County](#)

AA and NA Alternatives

[Guided Self-Change Clinic](#)

[Secular Organizations For Sobriety \(SOS\)](#)

[Moderation Management](#)

[SMART Recovery](#)

[Pagan Approach to the 12 Step Programs](#)

[Women For Sobriety](#)

Alcohol Abuse and Dependence

[Alcoholism: Getting the Facts](#)

[Mayo Clinic's Alcoholism Link](#)

[How to recognize problem drinking](#)

[National Association for Children of Alcoholics](#)

[NCADD Self Test](#)

[Online Alcohol Self Tests](#)

Alcohol and Drug Information

<http://www.health.org/> Offered by the U.S. Department of Health and Human Services and SAMHSA

[National Council on Alcoholism and Drug Dependence](#)

[Curious If You or Someone You Know Has an Alcohol or Drug Problem?](#)

Anger Management

[Controlling Anger](#)

Anxiety

[Anxiety Disorders Association of America](#)

[Medline Plus Anxiety Information](#)

Depression

[Depression.com](#)

[NIMH Depression Information](#)

[Depressionhelp.com](#)

[Suicide Prevention](#)

[NMHA - Depression Screening](#)

[American Association of Suicidology](#)

Eating Disorders

[SAMHSA's Eating Disorder Link](#)

<http://www.bodypositive.com/>

[National Eating Disorders Association](#)

<http://www.bulimia.com/>

[NWHIC's Anorexia Information Link](#)

<http://www.something-fishy.org/>

[NWHIC's Bulimia Information Link](#)

<http://www.nedic.ca/>

Gambling

www.gamblinghelp.org

www.npcgambling.org

[Gamblers Anonymous](#)

Grieving

[ACP - Grieving](#)

[Coping With Death - University of Buffalo](#)

[Grief and Loss](#)

[Pet Loss Support Page](#)

[Medline - Grief Resources](#)

[Pet Loss & Grieving Support Group](#)

[NMHA - Coping With Loss](#)

Mental Health

[FAQ's](#)

[Keeping Your Emotional Health](#)

[SAMHSA's Mental Health Link](#)

[Healthy Minds.org](#)

Narcotics Anonymous

[Narcotics Anonymous Home Page](#)

[Find an NA meeting in your area](#)

Obsessive Compulsive Disorder

[NIMH: OCD PDF File](#)

[NIMH: OCD Link](#)

[Mayo Clinic: OCD Information](#)

Post Traumatic Stress Disorder

[National Center for PTSD](#)

[NIMH PTSD Link](#)

[NIMH PDF File on PTSD](#)

Rape and Sexual Abuse

Also see the Helpful Phone Numbers and Websites Link for Additional Information

[Rape, Abuse & Incest National Network](#)

[National Organization Against Male Sexual Victimization](#)

[Office on Violence Against Women](#)

[Date Rape](#)

[What To Do If You Are Raped](#)

[APA: Memories of Childhood Abuse](#)

[NWHIC's Violence Against Women Organizations](#)

[Date Rape Drugs](#)

Sexually Transmitted Diseases

[Interactive Tutorial](#)

[Genital Problems in Men](#)

[CDC Division of Sexually Transmitted Diseases](#)

[Genital Problems in Women](#)

[Common Symptoms and Tips on Prevention](#)

[NWHIC's STD Link](#)

[Symptoms and Possible Causes](#)

Sleep Disorders

[Interactive Tutorial](#)

[Hypersomnia](#)

[NINDS: Understanding Sleep](#)

[Find a Sleep Center](#)

[Insomnia](#)

Student Support

[Freshmen Survival Skills](#)

[Good Study Habits](#)

[25 Tips For Freshmen Success](#)

[Scholarship Help](#)

[College Freshmen](#)

[To-Do List For 1st Year Students](#)

Substance Abuse

[Acid/LSD](#)

[Cigarettes and Other Nicotine Products](#)

[Club Drugs](#)

[Crack and Cocaine](#)

[Heroin](#)

[Inhalants](#)

[Marijuana](#)

[MDMA/Ecstasy](#)

[Methamphetamine](#)

[PCP \(Phencyclidine\)](#)

[Prescription Drugs](#)

[Steroids](#)

[FAQ's](#)

[Online Substance Abuse Self Tests](#)

[Substance Abuse Help](#)

[Substance Abuse Resources](#)

[National Institute on Drug Abuse](#)

[Drug Addiction Treatment Methods](#)

Suicide Prevention

[Suicide Prevention Lifeline](#)

[Suicide Prevention Resource Center](#)

http://botw.org/top/Health/Mental_Health/Disorders/Suicide/

[American
Association of
Suicidology](#)

[National Hopeline
Network](#)

Treatment Center and Therapist Information

[Hopelink.net](#)

[Find a substance abuse treatment center in
your area](#)

[NIMH: How to Find Help](#)

[SAMHSA's: Choosing the Right
Therapist](#)