Mental Health Resources

Links are provided as a convenience and do not imply endorsement. We are not responsible for content provided on websites hosted by organizations and do not guarantee the accuracy of the information they contain at the time of your use.

Resources for Suicide Prevention/Depression

FLORIDA SUICIDE PREVENTION COALITION

This site has a hotline number for anyone considering suicide and a section which addresses warning signs of suicide. The Fact section highlights the importance of suicide prevention with statistics. Florida has 2000+ die from suicide each year, the 2nd highest in the Nation.

http://www.floridasuicideprevention.org/

FLORIDA SUICIDE PREVENTION COALITION

The following link, lists the MH centers, Survivors support groups and Crisis Centers in Orange, Seminole and Osceola county

Florida Suicide Prevention

ULIFELINE

This site is designed for young adults/college students who may be in need of information about mental illness, depression, suicide prevention. There is also a mental health library. You can visit first as a visitor to the site or you can join.

FLORIDA SUICIDE AND CRISIS HOTLINES

This site lists the suicidal crisis hotlines by county for the State of Florida. Toward the bottom of the site, there are links to other groups for information and resources for suicide prevention.

http://suicidehotlines.com/florida.html

S.A.V.E.: SUICIDE AWARENESS VOICES OF EDUCATION

This site provides information and support for depression and suicide prevention, and tips for coping with loss

http://www.save.org/

NATIONAL MENTAL HEALTH ASSOCIATION: DEPRESSION SCREENING

This site offers information on depression and a depression screen. It is not appropriate for those who are suicidal and need immediate medical attention.

http://www.depression-screening.org/

PSYCHOLOGY INFORMATION ONLINE: DEPRESSION AND TREATMENT

This site offers information on depression in teens, seniors and women.

http://www.psychologyinfo.com/depression/

MEDLINE PLUS: POSTPARTUM DEPRESSION

This site offers a wealth of information on postpartum depression

The Depressed Child: American Academy of Child & Adolescent Psychiatry

This site offers information of childhood depression and includes links to information of teen depression/suicide and bipolar illness in teens. It can be viewed in Polish, French, Spanish and Deutsch by following the instructions at the bottom of the page.

http://www.aacap.org/publications/factsfam/depressd.htm

Resources for Mental Health Information

NATIONAL INSTITUTE OF MENTAL HEALTH

National Institute of Mental Health, or NIMH, is the lead Federal agency for research and information on mental illness. This site offers an extensive collection of materials which includes Breaking News on subjects pertaining to mental illness, Clinical Trials, and the latest and most reliable Information on Mental Illness. Some examples of excellent selections include Depression, Depression in Men and Anxiety Disorders.

http://www.nimh.nih.gov

NATIONAL LIBRARY OF MEDICINE/ NATIONAL INSTITUTE OF HEALTH

This site offers a goldmine of good health information from the world's largest medical library, the National Library of Medicine. MedlinePlus has extensive information on over 700 diseases and conditions. There are also a medical encyclopedia and a medical dictionary, health information in Spanish, extensive information on prescription and nonprescription drugs, health information from the media, and links to thousands of clinical trials. MedlinePlus is updated daily. This site can be viewed in Español.

http://www.nlm.nih.gov/

Some examples of the excellent links found on medline include:

Eating Disorder Information

Eating Disorders ( Español )

HEALTHYMINDS: AMERICAN PSYCHIATRIC ASSOCIATION

This site offers information, links and resources and is sponsored by the American Psychiatric Association. Of particular interest is the site's offering of LETS TALK BROCHURES, which include excellent information on various mental health issues.

http://www.healthyminds.org/

The link below will take you directly to the LETS TALK BROCHURES. This series of literature is easily read and pertinent to many topics. Some examples are choosing a psychiatrist, phobias, anxiety disorders, childhood disorders, post traumatic disorders and teen suicide.

Information on General Mental Illness

NATIONAL MENTAL HEALTH INFORMATION CENTER

The US Department of Health and Human Services; Substance Abuse and Mental Health Administrations site provides information on service locators, hotlines and crisis calls among other information. The site can be viewed in Español, with a link on the left side. The hotline links can also be viewed in Español.

http://www.mentalhealth.org/

The below link is an example of the service locator for the state of Florida.

Service Locator for Florida

MENTAL HEALTH ASSOCIATION OF CENTRAL FLORIDA

This site has an interesting online screening tool for depression, in both English and Español.

http://www.mhacf.org/
UNITED WAY OF CENTRAL FLORIDA

This is the United Way site which asks you to select a desired service and enter a zip, county or city and it will search for the desired service.

http://www2.irissoft.com/uwcf/

National Mental Health Association

This site offers information on many different disease processes and is a group that works to further improve mental health care. The link below opens to a page on self mutilation, however the HOME tab on the top of the page will take you to their home page.

http://www.nmha.org/infoctr/factsheets/selfinjury.cfm

Resources for Domestic Violence

ORANGE COUNTY CENTER AGAINST DOMESTIC VIOLENCE: HARBOR HOUSE

Harbor House is a private, not for profit group, providing emergency services, children services, and outreach and court advocacy for victims of domestic violence. This site offers information on the services and escape planning. The site has instructions on how to erase your visit to this site if the batterer is computer literate and monitors what sites have been visited. Please enable pop-ups if you desire information on erasing your visit history.

http://www.harborhouseocadv.com/

The below link is a listing of phone numbers for emergency shelters, outreach, court advocacy and children services

Harbor House Emergency Resources and Services

AARDVARC.ORG (AN ABUSE, RAPE, DOMESTIC VIOLENCE AID AND
RESOURCE COLLECTION. FOR FLORIDA

This is a very interesting site for information on domestic violence, stalking, dating abuse and service in the state of Florida, with links to state and local county programs. There is information on relocation services, restraining orders and a relationship quiz.


FLORIDA COALITION AGAINST DOMESTIC VIOLENCE

There are currently 41 state certified domestic violence centers in Florida. This site offers a map to find nearest service centers. There is a phone number to call for locations as well.

http://www.fcadv.org/centers.html

Resources for Substance Abuse Information

NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM

This site offers a wealth of information concerning alcohol and alcoholism. There is a section of FAQ that can be viewed in English or Español.

http://www.niaaa.nih.gov/index.htm

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

This site includes both information on mental disorders and substance abuse. There is information on co-occurring disorders, grants, homelessness, etc.

THE INTERNATIONAL NURSES SOCIETY ON ADDICTION (INSA)
This site is an organization of professional nurses who are committed to the prevention, intervention and treatment of addictive disorders.

http://www.intnsa.org/

NURSES IN RECOVERY (NIR)
This site is for nurses in recovery from some form of addiction.

http://www.brucienne.com/nir/

DRUG STORY.ORG
Great resource for current facts on drugs sponsored by the National Drug Control Policy. Excellent stories!

http://www.drugstory.org/

ORANGE COUNTY COALITION FOR A DRUG FREE COMMUNITY
This site offers information regarding Orange County efforts and substance abuse.

http://www.orangecountyfl.net/cms/DEPT/countyadmin/publicsafety/drugfree/default.htm
NATIONAL INSTITUTE ON DRUG ABUSE

This organization has great information based on science and research, on drugs of abuse and its effect on the body. The site also can be converted to Español, by clicking on the button on the purple banner on the top of the home page. Of particular interest is the section for teachers and parents as well as information on the specific drugs of abuse.

http://www.nida.nih.gov/

The link below is an example of information on CLUB DRUGS.

Club drugs

AA ( ORANGE AND SEMINOLE COUNTY) (OSCEOLA COUNTY) (ESPAÑOL MEETINGS)

This will bring you to the opening page for the AA group listing. Please scroll to the words PRINTABLE SCHEDULE and click. This will bring you to an easily read schedule of meeting places, times and meeting codes. It is very important that you look at the symbol legend on the first page. Meetings designated with a "O" are open meetings- meaning open to those with and without problems with alcohol; meetings designated as "C" are closed and are only to be attended by those with alcohol problems.

Orange and Seminole Counties:

http://www.aaorlandointergroup.org/AA_Site_800/800(Index).html

AA in Osceola County:

http://osceolaintergroup.org/html/meetings.html

AA Español Speaking Meeting Schedule

http://www.aahispanos.org/home.htm
AL-ANON/ALATEEN

Information for family members, friends, teen children of an alcoholic. It can be viewed in Español.

http://www.al-anon.alateen.org/

This is the link that will provide you local information for support groups.

http://www.al-anon.alateen.org/meetings/meeting.html

Resources for the Homeless Mentally Ill

Coalition for the Homeless in Central Florida

This links you to the Coalition for the Homeless in Central Florida and provides an overview of services as well as volunteer opportunities.

http://www.centralfloridahomeless.org/news_facts.htm

SUPPORT GROUP FOR MISC NEEDS

SELF HELP GROUPS: HERPES

This site offers information on the management of Herpes and links to local support groups.

http://www.herpes.com/supportgroups.shtml

INFORMATION AND SUPPORT FOR TOURETTES DISORDERS

http://www.tourettes-disorder.com/

DIVORCE SUPPORT GROUPS IN FLORIDA

http://www.divorcesource.com/groups/florida.shtml
NURSING ORGANIZATIONS

AMERICAN PSYCHIATRIC NURSES ASSOCIATION

This is an association with a primary focus on psychiatric mental health nursing.

http://www.apna.org/index.html

AMERICAN HOLISTIC NURSES' ASSOCIATION (AHNA)

The definitive voice of holistic nursing since 1981. Explore our vision of wholeness in nursing practice, healthcare, and the individual body, mind and spirit.

http://www.ahna.org/home/home.html

INTERNATIONAL NURSES SOCIETY ON ADDICTIONS (INTNSA)

An international association of registered nurses whose area of interest and expertise is helping those with problems of addiction and their families.

http://www.intnsa.org/

INTERVENTION PROJECT FOR NURSES (IPN)

IPN was established in 1983 through legislative action to ensure public health and safety through a program that provides close monitoring of nurses who are unsafe to practice due to impairment as a result of misuse or abuse of alcohol or drugs, or both, or due to a mental or physical condition which could affect the licensee's ability to practice with skill and safety. They also provide a program for affected nurses to be rehabilitated in a therapeutic, non-punitive, and confidential process.

http://www.ipnfl.org/faq.html
Resources for Caring for the Nurse

PSYCHOLOGICAL SELF HELP WEBSITE

Great information by Dr. Clayton E. Tucker-Ladd, Clinical Psychologist on learning to change behaviors and emotions and increasing self awareness.

http://mentalhelp.net/psyhelp/

Resources for Spirituality in Nursing


