



www.kcpsych.com

Following is a list of website resources that have been compiled by the physicians at Kansas City Psychiatric Group. We hope you will find these sites to be helpful educational and coping tools.

Alzheimer's Association

www.alz.org

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. The Alzheimer's Association works on a global, national and local level to enhance care and support for all those affected by Alzheimer's and related dementias.

American Academy of Child & Adolescent Psychiatry

http://www.aacap.org/AACAP/Families_and_Youth/Home.aspx?hkey=4e918a42-7a64-4c60-bf12-9c9ef6e48164

The AACAP widely distributes information here, and elsewhere, in an effort to promote an understanding of mental illnesses and remove the stigma associated with them; advance efforts in prevention of mental illnesses, and assure proper treatment and access to services for children and adolescents.

http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/FFF-Guide-Home.aspx?hkey=c2dc89fb-aac1-4308-9297-eedfe7755b92

The AACAP developed Facts for Families to provide concise and up-to-date information on issues that affect children, teenagers, and their families.

American Psychiatric Association

<https://www.psychiatry.org/patients-families>

Learn about common mental disorders, including symptoms, risk factors and treatment options. Find answers to your questions written by leading psychiatrists, stories from people living with mental illness and links to additional resources.

Anxiety & Depression Association of America

www.adaa.org

The Anxiety and Depression Association of America (ADAA) is the leader in education, training, and research for anxiety, depression, and stress-related disorders. ADAA helps people find appropriate treatment and develop self-help skills; works to reduce the stigma surrounding anxiety, depression, and related disorders; promotes professional and public awareness of anxiety, depression, and related disorders and their impact on people's lives.

Association of Community Mental Health Centers in Kansas

www.acmhck.org

The primary goal of CMHCs is to provide quality care, treatment and rehabilitation to individuals with mental health problems in the least restrictive environment. The Centers provide services to all those needing it, regardless of economic level, age or type of illness. The Association has attempted to provide useful information to assist visitors to the site in finding critical information on mental health and mental illness.

Autism Society

www.Autism-society.org

The Autism Society, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. We do this by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy.

Bike for the Brain

www.bikeforthebrain.org

Bike for the Brain, a 501(c)(3) organization, hosts an annual community bicycle ride, run and walk event to increase awareness that all people have the potential to recover from mental health disorders; that these are brain-based emotional, behavioral, and cognitive experiences that are common to many people; and to provide funding to Kansas City based organizations that help people to reclaim their mental health.

Bring Change 2 Mind

www.bringchange2mind.org

Phone: 415.814.8846

Bring Change 2 Mind is a national anti-stigma campaign founded by Glenn Close, The Balanced Mind Foundation, Fountain House, and Garen & Shari Staglin of the International Mental Health Research Organization (IMHRO), aimed at removing misconceptions about mental illness.

Common Ground Sanctuary

www.commongroundsanctuary.org

Crisis Line: 800-231-1127

Common Ground Sanctuary is a nonprofit crisis intervention agency. Our mission is to provide a lifeline for individuals and families in crisis, victims of crime, persons with mental illness, people trying to cope with critical situations and runaway and homeless youth. We listen, we care, we help...24-hours a day, 7 days a week.

Connected Kansas Kids

http://www.connectedkansaskids.com/professional_legal.html

Provides information about physical and mental health diagnoses to education professionals, health care professionals, child care providers, clergy, athletic coaches, scout leaders, and others interested in learning how to support the needs of this population of children and adolescents. This site will explain 504 Plans and IEPs and their role in helping children with delayed skills or other disabilities to succeed in the classroom. Use this as a general guide to become educated on the tools available to your child and how to get the process started with your school.

Depression & Bipolar Support Alliance

www.dbsalliance.org

DBSA envisions wellness for people who live with depression and bipolar disorder. Because DBSA was created for and is led by individuals living with mood disorders, our vision, mission, and programming are always informed by the personal, lived experience of peers. Overland Park Kansas DBSA Support Group - www.facebook.com/Dbsakc

DrugFree.org

www.drugfree.org

The Partnership at Drugfree.org translates the science of teen drug use and addiction for families. At drugfree.org, you can find a wealth of information, tools and opportunities to help prevent and get help for drug and alcohol abuse by teens and young adults.

Facts for Families

http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/FFF-Guide-Home.aspx?hkey=c2dc89fb-aac1-4308-9297-eedfe7755b92

Not all children grow from infancy through their adolescent years without experiencing some bumps along the way. While every child is unique and special, sometimes they encounter emotions, feelings or behavior that cause problems in their lives and the lives of those around them. Families often worry when their child or teenager has difficulty coping with things, feels sad, can't sleep, gets involved with drugs, or can't get along with family or friends. The American Academy of Child and Adolescent Psychiatry (AACAP) developed Facts for Families to provide concise and up-to-date information on issues that affect children, teenagers, and their families.

Hope House

<http://www.hopehouse.net>

Domestic Violence Hotlines: 816-461-4673 or 816-468-5463

Hope House services form a safety net of prevention, education and support for thousands of people in the Kansas City area traumatized by domestic violence every year. Residential services are provided through two secure locations in Independence and Lee's Summit, MO and comprehensive outreach services are provided to those not needing secure shelter.

International OCD Foundation

www.ocfoundation.org

The mission and goals of the IOCDF are to: Educate the public and professionals about OCD in order to raise awareness and improve the quality of treatment provided; Support research into the cause of, and effective treatments for, OCD and related disorders; Improve access to resources for those with OCD and their families; Advocate and lobby for the OCD community.

Jewish Family Services of Greater Kansas City

<http://www.jfskc.org/services/counseling-and-mental-health/>

Phone: 913.327.8250 • 816.333.1172

JFS is the place to turn when dealing with both crises and life's everyday challenges. With a highly-skilled and compassionate staff, JFS is available to help you make life more manageable. We were founded upon the Jewish value of preserving the well-being, comfort, and dignity of others. We always respect the confidentiality of our clients. While our priority is to serve the Jewish community, the Jewish value of *Tikkun Olam* (repairing the world) inspires us to serve all people. We dedicate ourselves each day to providing peace of mind and a better life for everyone we serve, regardless of age, race, ethnicity, religious affiliation or economic situation.

Kids Health

www.kidshealth.org

<http://kidshealth.org/parent/growth/learning/iep.html>

<http://kidshealth.org/parent/positive/learning/504-plans.html>

This site will explain 504 Plans and IEPs and their role in helping children with delayed skills or other disabilities to succeed in the classroom. Use this as a general guide to become educated on the tools available to your child and how to get the process started with your school.

Mental Health America

www.mentalhealthamerica.net

<http://www.mentalhealthamerica.net/go/information/get-info>

A primary goal of Mental Health America is to educate the general public about the realities of mental health and mental illness. For more information on a variety of mental health topics choose the second link above to be directed to fact sheets specific to the issue you would like to research.

Mental Health America of the Heartland

www.mhah.org

Phone: 913.281.2221

Mental Health America of the Heartland (formerly known as the Mental Health Association of the Heartland) is the country's leading nonprofit dedicated to helping ALL people live mentally healthier lives. With our more than 320 affiliates nationwide, we represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation – everyday and in times of crisis.

Missouri Coalition of Community Mental Health Centers

www.mocmhc.org

The mission of the Missouri Coalition of Community Mental Health Centers is to enable access to quality mental health services by all Missouri citizens in need of such services, while maximizing their human potential and quality of life. This mission will be accomplished through the continued maintenance and development of a stable statewide network of comprehensive community-based mental health care.

Missouri Department of Mental Health

www.dmh.mo.gov

Phone: 1.800.364.9687

The Mission of the Missouri Department of Mental health includes prevention, treatment, and promotion of public understanding for Missourians with mental illnesses, developmental disabilities, and addictions.

NAMI: National Alliance on Mental Illness

www.nami.org

1.800.950.NAMI (6462)

Kansas: www.namikansas.org • 913.599.9995

Missouri: www.namikc.org • 816.931.0030

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

National Eating Disorders Association

www.nationaleatingdisorders.org

The National Eating Disorders Association (NEDA) is the leading non-profit organization in the United States advocating on behalf of and supporting individuals and families affected by eating disorders. Reaching millions every year, we campaign for prevention, improved access to quality treatment, and increased research funding to better understand and treat eating disorders. We work with partners and volunteers to develop programs and tools to help everyone who seeks assistance.

National Institute of Mental Health

www.nimh.nih.gov

The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. For the Institute to continue fulfilling this vital public health mission, it must foster innovative thinking and ensure that a full array of novel scientific perspectives are used to further discovery in the evolving science of brain, behavior, and experience. In this way, breakthroughs in science can become breakthroughs for all people with mental illness.

Pathway to Hope

www.pathwaytohope.org

Phone: 913.397.8552

Pathway To Hope is a Non-Profit 501© 3 organization founded to help build better lives for those suffering with mental illness; strengthening distraught families and providing emotional health check-ups.

SAMHSA- Substance Abuse and Mental Health Services Administration

www.samhsa.gov

Phone: 240.276.2000

SAMHSA provides substance abuse and mental health services to the people most in need and translates research in these areas more effectively and more rapidly into the general health care system. Over the years SAMHSA has demonstrated that prevention works, treatment is effective, and people recover from mental and substance use disorders. Behavioral health services improve health status and reduce health care and other costs to society. Continued improvement in the delivery and financing of prevention, treatment and recovery support services provides a cost effective opportunity to advance and protect the Nation's health.

Suicide Awareness Survivor Support

www.sass-mokan.com

SASS believes the public must be educated about suicide. We sincerely feel that "Suicide is everyone's business," achieving this through education, public awareness, networking with healthcare agencies, uniting survivors, and providing information to area support groups.

Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

Phone: 1.800.273.TALK (8255) • 1.800.SUICIDE (784.2433)

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing 1-800-273-TALK (8255), the call is routed to the nearest crisis center in our national network of more than 150 crisis centers. The Lifeline's national network of local crisis centers provides crisis counseling and mental health referrals day and night.

Tourette Association of America

<https://www.tourette.org>

We offer resources and referrals to help people and their families cope with the problems that occur with TS. We raise public awareness and counter medial stereotypes about TS. Our membership includes individuals, families, relatives, and medial and allied professionals working in the field.

The Family Conservancy

www.thefamilyconservancy.org

Phone: 913-342-1110

Through our unique portfolio of services and expertise, we help families foster the healthy social, emotional, physical and intellectual development of children in our community. This group provides mental health services, counselling and other family supports (English/Spanish); services for homeless youth; parent education and parent groups.

Wrong Planet

<http://wrongplanet.net>

Wrong Planet is the web community designed for individuals (and parents/professionals of those) with Autism, Asperger's Syndrome, ADHD, PDDs, and other neurological differences. We provide a discussion forum, where members communicate with each other, an article section, with exclusive articles and how-to guides, a blogging feature, and more.

Have you found a mental health website that has been helpful to you?

Would you like to share your find with others?

If so, please let us know about it so that we can consider it as an addition to this valuable patient resource page!