ONLINE MENTAL HEALTH AND WELLNESS RESOURCES

- **Children and Adults with Attention Deficit/Hyperactivity Disorder**: Comprehensive site on AD/HD, including information for college students and parents. [http://chadd.org](http://chadd.org).

- **HelpGuide Relaxation Techniques for Stress Relief**: This page has information on a wide variety of ways to relax and reduce stress. It includes links to other articles, as well as 6 and 20 minute deep relaxation exercises you can listen to online. The rest of the site covers many other wellness and health issues. [http://www.helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm#imagery](http://www.helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm#imagery)

- **UCLA Mindful Awareness Research Center’s Mindful Meditations**: This page has free mp3s that you can download with meditation and relaxation exercises ranging in length from 3 minutes on up. [http://marc.ucla.edu/body.cfm?id=22](http://marc.ucla.edu/body.cfm?id=22)

- **Stress Management**: Information on stress, its effects, and ways to get relief from the Mayo Clinic. [http://www.mayoclinic.com/health/stress-MY00435](http://www.mayoclinic.com/health/stress-MY00435)

- **Test Anxiety**: This page contains a number of good tips for lessening test-taking anxiety. The rest of the site teaches study skills, with a special section geared for college students. [http://www.how-to-study.com/study-skills/en/taking-tests/47/test-anxiety/](http://www.how-to-study.com/study-skills/en/taking-tests/47/test-anxiety/)

- **Anxiety Disorders Association of America**: This website offers information, resources, and support for those experiencing anxiety and/or anxiety disorders. Under “Living with Anxiety” is a section devoted to particular needs of college and university students. [http://www.adaa.org](http://www.adaa.org)

- **Half of Us**: College-oriented mental health site with information, assessment, referral, and advocacy for depression, bipolar disorder, suicide, eating disorders, anxiety, stress, cutting, etc. Includes videos of musicians like Mary J. Blige and Pete Wentz talking about their own struggles. [http://www.halfofus.com](http://www.halfofus.com)

- **Jed Foundation**: This website is dedicated to preventing suicide and reducing emotional distress. [http://www.jedfoundation.org](http://www.jedfoundation.org)

- **National Eating Disorders Association**: Provides information and resources for those dealing with a variety of eating disorders including bulimia, anorexia nervosa, and binge eating. [http://www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

- **To Write Love on Her Arms**: Self-injury and depression support. [http://www.twloha.com](http://www.twloha.com)

- **National Alliance for Mental Health**: This website has information and resources for a wide variety of mental health issues including depression, anxiety, schizophrenia, bipolar disorder, etc. [http://www.nami.org](http://www.nami.org)


- **National Institute on Drug Abuse**: Information and resources on all types of substance abuse and addiction. [http://www.drugabuse.gov/](http://www.drugabuse.gov/)

- **Facts on Tap**: Information on alcohol and other drugs, family alcoholism, how to get help. [http://www.factsontap.org/factsontap/students.htm](http://www.factsontap.org/factsontap/students.htm)

- **National Coalition Against Domestic Violence**: Website with information and resources on violence against women and children. [http://www.ncadv.org/](http://www.ncadv.org/)
- **Rape, Assault, & Incest National Network (RAINN):** Information, hotline, resources, and support. [http://rainn.org](http://rainn.org)

- **Obsessive Compulsive Foundation:** Information and resources on OCD. [http://www.ocfoundation.org](http://www.ocfoundation.org)

- **Borderline Personality Disorder Resource Center:** [http://bpdresourcecenter.org](http://bpdresourcecenter.org)

- **The Center of Long Beach:** Information on resources for gay, lesbian, bisexual, and transgender individuals. Counseling and support groups are available as well. [http://www.centerlb.org](http://www.centerlb.org)

- **The Center of Orange County:** A similar organization serving Orange County. [http://www.thecenteroc.org](http://www.thecenteroc.org)