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Mental Health & Psychology Resources Online

Welcome to the oldest annotated directory of online psychology and mental health resources. This directory began in 1992 and was originally published in the Usenet newsgroups; it was transferred to its current Web-based format in 1995. Every resource contained herein has been personally reviewed by the Psych Central Resource Editor. *We do not nor have we ever accepted paid links to this directory; we include resources we believe have editorial value or value to people seeking treatment.*

Abuse (115)

Including sexual, child, emotional, etc.

Addiction and Substance Abuse (379) ^{new}

Includes topics of alcoholism, drug abuse, and compulsive behaviors (such as gambling, sex addiction, over-eating, internet addiction, etc.)

Alzheimer Disease and Dementia (23)

Alzheimer's disease and dementia information and support resources.

Anxiety and Panic (128)

Including agoraphobia, phobias, anxiety, and panic disorder.

Articles and Essays (141)

Articles and essays from Dr. Grohol and others published on Psych

Medical Disease Support (269)

Support and information resources for many medical problems.

Medications (83)

Reference information for prescription drugs and medications, including indications, dose, drug interactions and side effects.

Mental Health (373) ^{new}

General, broad-based mental health resources, including resources on symptoms, psychotherapy, advocacy, and etherapy.

Obsessive-Compulsive (32)

Including fixations.

Other (45)

For miscellaneous links which don't fit nicely anywhere else.

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Central.

Attention Deficit Disorder (54) ^{new}

Including ADD/ADHD (attention deficit disorder with hyperactivity) in children and adults.

Bipolar (89)

Including manic depression.

Books (92)

Master list of all books recommended.

Depression (189)

Resources related to depression and dysthymia.

Disability (262)

Advocacy groups, support groups, FAQs, articles on accommodation issues, military veteran resources, and more for individuals with disabilities (mobility impairments, sensory impairments, developmental disorders, learning disabilities, psychiatric disabilities, and systemic conditions).

Disorders (90)

A cross-referenced category that lists mental health diagnoses and symptoms.

Dissociation (17)

Dissociative disorders, including multiple personality disorder.

Eating Disorders (105)

Including anorexia, bulimia, and overeating.

Grief and Loss (64)

Including resources to help people cope with death and dying.

Parents and Children (226)

Including adoption, parenting and child resources.

Personality (59)

Including personality assessment and personality disorders, such as borderline personality disorder.

Post-traumatic Stress (49)

Including PTSD and reactions to stressful events.

Psychology (535)

Professional psychology resources of interest mainly to practitioners and researchers.

Psychotherapy (554) ^{new}

Resources related to psychotherapy.

Relationships (105) ^{new}

Including marriage and couples resources.

Schizophrenia and Psychosis (43)

Including resources relating to schizophrenia, such as schizoaffective disorder.

Self Esteem and Shyness (36)

Self-image and shyness resources.

Sexual and Gender (105)

Including women's and men's issues.

Suicide and Crisis (50)

Including offline and online resources.

Find a Therapist

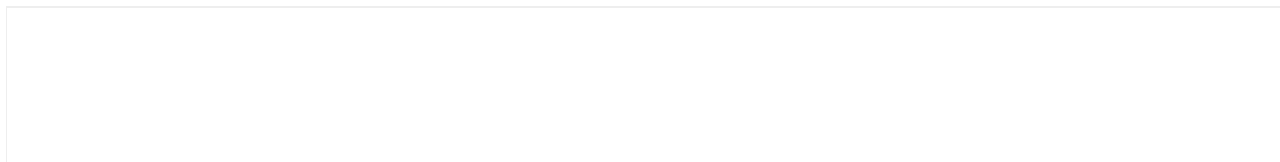
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Health and Wellness (186)

General health and support resources.

Licensing Information (127)

Need to contact your local licensing board about a therapist or counselor you're seeing?



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