

## **Attention Deficit Hyperactivity Disorder (ADHD)**

- **[ADDitude Magazine](#)**

Articles, expert advice, personal stories, symptom tests, and webinars for ADHD.

- **[ADDA \(Attention Deficit Disorder Association\)](#)**

Support for adults with ADHD: virtual peer groups, coaching, and educational resources.

- **[CDC - ADHD \(Centers for Disease Control and Prevention\)](#)**

Offers public health information, treatment options, and resources for families and educators.

- **[CHADD \(Children and Adults with Attention-Deficit/Hyperactivity Disorder\)](#)**

Evidence-based info, webinars, support groups, and toolkits for all ages.

- **[Understood.org](#)**

Resources for learning and thinking differences, including ADHD; tools for parents, educators, and individuals.

## **Collegiate Mental Healthcare Resources**

- **[Active Minds](#)**

National nonprofit promoting student mental health through awareness and peer support.

- **[Jed Foundation \(JED\)](#)**

Emotional health and suicide prevention resources for teens and young adults.

- **[NAMI on Campus \(National Alliance on Mental Illness\)](#)**

Peer support and education through campus clubs and advocacy.

- **[The Steve Fund](#)**

Mental health support for students of color via webinars, programs, and text support.

- **[ULifeline \(by JED Foundation\)](#)**

Self-screening and campus-specific mental health info for college students.

## **Crisis & Immediate Help**

- **[988 Suicide & Crisis Lifeline](#)**

24/7 confidential support for mental health crises in the U.S.

- **[Crisis Text Line](#)**

24/7 support via text: Text HOME to 741741 (U.S.), with services in Canada, the UK, and Ireland.

- **[Linea PAS Puerto Rico](#)**

Mental health support service for Puerto Rico.

## **Educational Tools**

- [Mindful.org](#)

Articles, meditations, and mindfulness tools.

- [Psych Hub](#)

Free videos on anxiety, depression, trauma, and more.

- [Verywell Mind](#)

Expert-reviewed articles and wellness tips.

## **For Further Exploration**

- [Beck Institute](#)

Resources on cognitive therapy.

- [Dialectical Behavioral Therapy](#)

Self-help tools based on DBT.

- [Psychology Tools](#)

Mental health resources and worksheets.

- [Quantum Healing Hypnosis](#)

Resources on spiritual-based hypnosis therapy.

- [Therapist Aid](#)

Free worksheets and guides for clients and professionals.

- [United Service Dog \(Emotional and Service Support\)](#)

Information on emotional support animals.

## **LGBTQI+ Resources**

- [GLAAD \(Gay & Lesbian Alliance Against Defamation\)](#)

Media representation and education for LGBTQ individuals.

- [GLMA: Health Professionals Advancing LGBTQ+ Equality](#)

Medical education and directories for affirming healthcare providers.

- [Human Rights Campaign \(HRC\)](#)

Advocacy and education on LGBTQ issues.

- [PFLAG](#)

Family and ally support through resources and training.

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- **[The LGBT National Help Center](#)**  
Free peer support, hotlines, and referrals.
- **[The Trevor Project](#)**  
Crisis intervention and suicide prevention for LGBTQ youth.

## **Personality Disorders**

- **[Mayo Clinic – Personality Disorders](#)**  
(search “Personality Disorders”) Medical overview and treatment information.
- **[National Education Alliance for Borderline Personality Disorder \(NEABPD\)](#)**  
Education and advocacy resources.
- **[National Institute of Mental Health \(NIMH\) – Personality Disorders](#)**  
Research and information from the U.S. government.
- **[Out of the FOG](#)**  
Support for loved ones of people with PDs.
- **[Personality Disorders Awareness Network \(PDAN\)](#)**  
Awareness and support resources.
- **[Psych Central – Personality Disorders Resource Center](#)**  
Comprehensive resource center on PDs.

## **Resources for the Elderly**

- **[Alzheimer’s Association](#)**  
Dementia support, care planning, and 24/7 helpline.
- **[Eldercare Locator \(by U.S. Administration on Aging\)](#)**  
Local resource database for senior services.
- **[Family Caregiver Alliance \(FCA\)](#)**  
Support and resources for caregivers.
- **[National Council on Aging \(NCOA\)](#)**  
Mental wellness tools and screening programs.
- **[National Institute on Aging \(NIA\)](#)**  
Science-based info on aging and brain health.

## **Resources on Domestic Violence / Intimate Partner Violence / Family Violence**

- **[Futures Without Violence](#)**

Tools and training for survivors and professionals.

- **[Love is Respect](#)**

Teen-focused education on healthy relationships.

- **[National Center on Domestic Violence, Trauma & Mental Health \(NCDVTMH\)](#)**

Resources for integrating trauma and mental health in DV services.

- **[National Domestic Violence Hotline](#)**

24/7 confidential support via call, text, or chat.

- **[Women's Law](#)**

Plain-language legal help for survivors.

## **Resources on Grief**

- **[Dougy Center](#)**

Grief support for children and families.

- **[Grief Share](#)**

Faith-based support groups and grief program.

- **[National Alliance for Children's Grief \(NACG\)](#)**

Grief tools for children and professionals.

- **[The Center for Complicated Grief \(Columbia University\)](#)**

Prolonged Grief Disorder education and therapy.

- **[What's Your Grief](#)**

Podcasts, journaling prompts, and grief education.

## **Resources on Human Trafficking**

- **[HEAL Trafficking](#)**

Mental health and medical tools for survivors.

- **[National Human Trafficking Training and Technical Assistance Center \(NHTTAC\)](#)**

Trauma-informed training and technical support.

- **[National Survivor Network \(NSN\)](#)**

Survivor-led peer support and empowerment.

- **[Office for Victims of Crime \(OVC\)](#)**

Victim services and therapy resources.

- **[Polaris Project](#)**

Operates U.S. National Human Trafficking Hotline and safety planning.

## **Resources on Relationships**

- **[Gottman Institute](#)**

Communication tools and relationship workshops.

- **[Psych Central – Relationships Section](#)**

Articles on boundaries, attachment, and relationship health.

- **[Relate \(UK-based\)](#)**

Online counseling and relationship education.

## **Self-Guided Support**

- **[Insight Timer](#)**

Meditation, sleep tools, and mental health courses.

- **[Mood Mission](#)**

Research-backed app for mental health strategies.

- **[The Mighty](#)**

Stories and community support for mental health.

## **Understanding Therapy (Videos)**

- **[How Psychotherapy Works](#)** – The School of Life

- **[How Does Cognitive Behavioral Therapy Work?](#)** – Psych Hub

- **[What is Trauma?](#)** – Psych Hub

## **Veterans Resources**

- **[Make the Connection](#)**

Stories and resources from veterans and families.

- **[National Center for PTSD \(VA\)](#)**

Education and tools for PTSD management.

- **[Psych Armor Institute](#)**

Free training for military families and providers.

- **U.S. Department of Veterans Affairs – Mental Health**

Official VA mental health and suicide prevention resources. Crisis Line: Call 988, then Press 1.

- **Wounded Warrior Project**

Mental health programs and peer support.