

Mental Health Topics and Resources for Patients and Families

The following links will take you to websites providing background information on many of the topics we commonly discuss with our patients, as well as online resources for both patients and their loved ones.

General Mental Health Information

- National Institute of Mental Health [1]
- American Psychiatric Association [2]
- Brain & Behavior Research Foundation [3]
- National Alliance on Mental Illness [4]
- Mental Health America [5]

Adult Mental Health Topics

- Anxiety disorders [6]
- Bipolar disorder [7]
- Borderline personality disorder [8]
- Depression [9]
- Eating disorders [10]
- Generalized anxiety disorder [11]
- Obsessive-compulsive disorder [12]
- Post-traumatic stress disorder [13]
- Schizophrenia [14]
- Suicide prevention [15]

Child and Adolescent Mental Health Topics

- Attention deficit hyperactivity disorder (ADHD) [16]
- Anxiety disorders [17]
- Autism spectrum disorder [18]
- Bipolar disorder [19]
- Depression [20]
- Learning disabilities [21]
- Schizophrenia [14]
- Suicide prevention [22]
- Tourette's and tic disorders [23]

Attention Deficit Hyperactivity Disorder (ADHD) Resources

- National Resource Center on ADHD [24]
- Attention Deficit Disorder Association [25]
- ADD Resources [26]
- Children and Adults with ADHD [27]

Alzheimer's Resources

- Alzheimer's Association [28]

Autism Resources

- Autism Speaks [29]
- Autism Society of America [30]

Depression and Bipolar Disorder Resources

- Depression and Bipolar Support Alliance [31]
- Pendulum [32]
- National Institute of Mental Health Publications on Bipolar Disorder [33]
- McMan's Depression and Bipolar Web [34]

Eating Disorders Resources

- National Eating Disorders Association [35]

Electroconvulsive Therapy (ECT) Resources

- American Psychiatric Association [36]
- Mayo Clinic [37]

Integrative Psychiatry/Complimentary and Alternative Methods

- UCSF Osher Center for Integrative Medicine [38]

Intimate Partner Violence Resources

- La Casa de Las Madres [39]

LGBT Mental Health Issues Resources

- Association of Gay and Lesbian Psychiatrists [40]

- [Gay and Lesbian Medical Association](#) [41]

Nutrition and Dietary Information Resources

- [USDA ?Choose My Plate?](#) [42]
- [MyPlate Calorie Tracking](#) [43]

Prescription Medication Assistance Programs

- [NAMI Patient Prescription Drug Assistance Program](#) [40]
- [RX Help for Californians](#) [44]
- [Medicare Information for Californians](#) [45]
- [Partnership for Prescription Assistance](#) [46]

Psychosis Resources

- [Department of Psychiatry Early Prodrome Program](#) [47]
- [Psychosis First Aid Guidelines for Loved Ones](#) [48]

Schizophrenia Resources

- [Schizophrenia.com](#) [49]

Stress Reduction/Mindfulness Resources

- [Kaiser Permanente](#) [50]

Substance Use Disorder Resources

- [Start Your Recovery](#) [51]

Women?s Issues in Mental Health Resources

- [Mind Body Pregnancy](#) [52]
- [North American Menopause Society](#) [53]
- [MotheRisk](#) [54]
- [National Institutes of Health Database on Medications and Breastfeeding](#) [55]

Contact Us
Psychiatry Intranet
UCSF Webmail
UCSF Main Site

Source URL (modified on 08/24/2020 - 8:12am): <https://psychiatry.ucsf.edu/topics>

Links

- [1] <http://www.nimh.nih.gov/index.shtml>
- [2] <https://www.psychiatry.org/>
- [3] <http://bbrfoundation.org/>
- [4] <http://www.nami.org/>
- [5] <http://www.mentalhealthamerica.net/>
- [6] <http://www.nimh.nih.gov/health/publications/anxiety-disorders/index.shtml>
- [7] <http://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml>
- [8] <http://www.nimh.nih.gov/health/topics/borderline-personality-disorder/index.shtml>
- [9] <http://www.nimh.nih.gov/health/topics/depression/index.shtml>
- [10] <http://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>
- [11] <http://www.nimh.nih.gov/health/topics/generalized-anxiety-disorder-gad/index.shtml>
- [12] <http://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd/index.shtml>
- [13] <http://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-easy-to-read/index.shtml>
- [14] <http://www.nimh.nih.gov/health/topics/schizophrenia/index.shtml>
- [15] <http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>
- [16] <http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- [17] <http://www.adaa.org/living-with-anxiety/children>
- [18] <http://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd/index.shtml>
- [19] <http://www.nimh.nih.gov/health/publications/bipolar-disorder-in-children-and-teens-easy-to-read/index.shtml>
- [20] <http://www.nimh.nih.gov/health/topics/depression/depression-in-children-and-adolescents.shtml>
- [21] <http://ldaamerica.org/>
- [22] <http://www.nimh.nih.gov/health/publications/suicide-a-major-preventable-mental-health-problem-fact-sheet/index.shtml>
- [23] <http://www.tsa-usa.org/>
- [24] <http://www.help4adhd.org/>
- [25] <http://www.add.org/>
- [26] <http://www.addresources.org/>
- [27] <http://www.chadd.org/>
- [28] <https://www.alz.org/>
- [29] <http://www.autismspeaks.org/>
- [30] <http://www.autism-society.org/>
- [31] <http://www.dbsalliance.org/site/PageServer?pagename=home>
- [32] <http://www.pendulum.org/index.php>
- [33] <http://www.nimh.nih.gov/health/publications/bipolar-disorder-listing.shtml>
- [34] <http://www.mcmanweb.com/>
- [35] <http://www.nationaleatingdisorders.org/>
- [36] <http://www.ect.org/resources/apa.html>
- [37] <http://www.mayoclinic.org/tests-procedures/electroconvulsive-therapy/basics/definition/prc-20014161>
- [38] <http://www.osher.ucsf.edu/>
- [39] <http://www.lacasa.org/>
- [40] <https://www.aglp.org/>
- [41] <http://www.glma.org/>
- [42] <http://www.choosemyplate.gov/>
- [43] <http://www.livestrong.com/myplate/>
- [44] <http://www.rxhelpforca.org/>
- [45] <http://www.cahealthadvocates.org/drugs/index.html>
- [46] <http://www.pparx.org/>
- [47] <https://psychiatry.ucsf.edu/path>
- [48] <https://psychiatry.ucsf.edu/sites/psych.ucsf.edu/files/PREP%20MH%20First%20Aid.pdf>
- [49] <http://schizophrenia.com/>

- [50] <http://members.kaiserpermanente.org/redirects/listen/>
- [51] <http://StartYourRecovery.org>
- [52] <http://mindbodypregnancy.com/>
- [53] <http://www.menopause.org/>
- [54] <http://www.motherisk.org/women/index.jsp>
- [55] <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>