

Helpful Education Links

MEDICATION SUPPORT:

RxList - RxList.com

Parents Med Guide (Info About Antidepressants in Children & Adolescents) - ParentsMedGuide.org

FDA Medication Index - FDA.gov

WebMD Drugs and Treatments Guide - WebMD.com

National Institute of Health Medication and Herbal Supplement Guide - NIH.Gov

AACAP Medication Resources,

http://www.aacap.org/cs/new_psychiatric_medications/psychiatric_medications

AACAP Parent Medication Resource, <http://www.parentsmedguide.org/>

MEDICATION USE GUIDE

NY Child Study Center (Pill Swallowing Made Easy) - AboutOurKids.org

American Academy of Pediatrics (Taking Medications Correctly) - AAP.org

SLEEP

American Academy of Pediatrics (Sleep Issues) - AAP.org

Sleep Education (Sleep Hygiene) - SleepEducation.com

National Sleep Foundation - SleepFoundation.org

National Sleep Foundation (Sleep for Kids) - SleepForKids.org

National Institute of Health - NIH.gov

HEALTH AND NUTRITION

FamilyDoctor.org - FamilyDoctor.org

American Dietetic Association - EatRight.org

American Heart Association (Kids) - AmericanHeart.org

USDA Food Pyramid (for Kids) - MyPyramid.gov

Melpomene Institute for Women's Health - Melpomene.org

FOR KIDS

Book: Be the Boss of Your Stress

-By Timothy Culbert M.D. and Rebecca Kajander C.P.N.P. M.P.H.

CDC - Bam

US Health & Human Services (For Kids) - HHS.gov

FDA Kids Home - FDA.gov

Learn to be Healthy - LearnToBeHealthy.org

Nutrition Explorations - NutritionExplorations.org

National Institute of Health (Teen Mental Health) - NIH.gov

BEDWETTING AND TOILET TRAINING

American Academy of Child & Adolescent Psychiatry (Bedwetting) - AACAP.org

American Academy of Pediatrics (Toilet Training) - AAP.org

Helpful Education Links

UNIPOLAR SPECTRUM DEPRESSION

Mood Disorders Support Group, <http://www.mdsg.org>
Out of the Darkness, <http://www.outofthedarkness.org>
American Foundation for Suicide Prevention, <http://www.afsp.org>
AACAP Youth Depression Resource Center,
<http://www.aacap.org/cs/Depression.ResourceCenter>
Light boxes, <http://www.northernlighttechnologies.com/>
International Foundation for Research and Education on
Depression, <http://www.ifred.org>
Depression and Bipolar Support Alliance - DBSalliance.org
Mood Disorder Support Group of NY - MDSG.org
National Institute of Mental Health (Depression) - NIMH.gov
National Institute of Health (Depression) - NIH.gov
American Academy of Child & Adolescent Psychiatry - AACAP.org
National Alliance on Mental Illness (NAMI) (Depression) - NAMI.org
Families for Depression Awareness - FamilyAware.org
WebMD (Depression Health Center) - WebMD.com
DepressedTeens.com - DepressedTeens.com

BIPOLAR DISORDER

National Institute of Mental Health (Bipolar Disorder) - NIMH.gov
National Institute of Health (Bipolar Disorder) - NIH.gov
American Academy of Child & Adolescent Psychiatry - AACAP.org
National Alliance on Mental Illness (NAMI) (Bipolar Disorder) - NAMI.org
Child & Adolescent Bipolar Foundation - BPkids.org
Juvenile Bipolar Research Foundation - BPChildResearch.org
WebMD (Bipolar Disorder Health Center) - WebMD.com

PREMENSTRUAL DYSPHORIC DISORDER

PMDD (Facts for Health) - PMDD.FactsForHealth.org

BEREAVEMENT

The Center for H.O.P.E. (NSLIJ) (Child Loss) - NSLIJ
Kid Said (A place for kids to help kids) - KidSaid.com
Bereaved Parents of the USA - BereavedParentsUSA.org
National SIDS/Infant Loss Resource Center - SIDScenter.org
Share (Pregnancy & Infant Loss Support) - NationalShareOffice.com
M.I.S.S. Foundation - MISSchildren.org
Baby Steps - BabySteps.com

Helpful Education Links

PSYCHOTIC DISORDERS (including Schizophrenia)

National Institute of Health (Schizophrenia) - NIH.gov
National Alliance on Mental Illness (NAMI) (Schizophrenia) - NAMI.org
National Institute of Mental Health (Schizophrenia) - NIMH.gov
WebMD (Psychotic Disorders) - WebMD.com
American Academy of Child & Adolescent Psychiatry - AACAP.org

ANXIETY SPECTRUM

AACAP Youth Anxiety Resource Center,
<http://www.aacap.org/cs/AnxietyDisorders.ResourceCenter>
The Columbia University Clinic for Anxiety and Related Disorders (CUCARD), for youth, <http://www.anxietytreatmentnyc.org/index.htm>
National Institute of Mental Health (Anxiety Disorders) - NIMH.gov
Anxiety Disorders Association of America - ADAA.org
PTSD Facts - PTSD.FactsForHealth.org
Obsessive Compulsive Foundation - OCfoundation.org
Medline Plus (OCD) - NLM.NIH.gov
Social Phobia/Social Anxiety Disorder - SocialPhobia.org

EATING DISORDERS

National Institute of Mental Health (Eating Disorders) - NIMH.gov
National Eating Disorders Association (NEDA) - EDAP.org
NEDA Eating Disorders Tool Kit - EDAP.org
Eating Disorders Anonymous - EatingDisordersAnonymous.org
National Association of Anorexia Nervosa and Associated Disorders - ANAD.org
Academy of Eating Disorders - AEDweb.org
Alliance for Eating Disorder Awareness - EatingDisorderInfo.org

PARENTING, FAMILY AND EDUCATION

American Academy of Pediatrics (Parenting Corner) - AAP.org
Parents.com - Parents.com
Kids Health (Parents) - KidsHealth.org
Today's Parent - TodaysParent.com
National Institute of Health (Parenting) - NIH.gov
Talking with Your Kids - TalkingWithKids.org
Zero to Three - ZeroToThree.org
Family Education - FamilyEducation.com
Building Blocks for a Healthy Future (Families) - BBlocks.SAMHSA.gov
National Campaign to Prevent Teen Pregnancy - TeenPregnancy.org
Nassau County BOCES - nassauboces.org
NYC Board of Education - school.nyc.gov

Helpful Education Links

SCHOOL, INTERNET AND TELEVISION SAFETY

The TV Boss - TheTVBoss.org

Wired Safety - WiredSafety.org

GetNetWise - GetNetWise.org

NetSmartz - NetSmartz.org

CyberSmart - CyberSmart.org

Stop Bullying Now - StopBullyingNow.gov

ATTENTIONAL/BEHAVIOR

Children, Adolescents & Adults with ADHD (CHADD), - CHADD.org

-ADHD at School, New Book from CHADD

-The Write Tools for ADHD from CHADD

CHADIS.com: allows parents to complete questionnaires about their child's

development for treatment providers, <http://www.CHADIS.com>

NYU Child Study Center - AboutOurKids.org

American Academy of Child & Adolescent Psychiatry - AACAP.org

AACAP Guide to ADHD,

http://www.aacap.org/cs/adhd_a_guide_for_families/resources_for_families_adhd_a_guide_for_families

AACAP ADHD Video,

http://www.aacap.org/cs/adhd_a_guide_for_families/adhd_a_guide_for_families_video

National Resource Center on ADHD - Help4ADHD.org

Attention Deficit Disorder Association - ADD.org

-myadhd.com: ADHD-specific tracking, treatment, and assessment tools for those associated with ADHD (parents, adults, educators, and professionals),

<http://www.myadhd.com>

-Simple Organization Solutions

-Software and Gadgets for Kids with ADHD

-Time Timer

ADHD AWARENESS, <http://www.adhdawareness2010.org/>

Clonidine extended release (Kapvay), <http://www.kapvay.com/>

Big Apple Day Program, <http://bigappledayprogram.com/>

Brooklyn Learning Center, <http://www.brooklynlearningcenter.com/>

-Excellent response from Dr. Koplewicz to January, 2012 editorial in NYT:

<http://www.childmind.org/en/posts/articles/2012-1-30-adhd-righting-record-stimulant-medications>

-12/12/11 summary of study on the safety of stimulant treatment of ADHD in adults,

http://www.webmd.com/add-adhd/news/20111211/adhd-drugs-not-linked-to-increased-heart-risk-in-adults?src=RSS_PUBLIC

Helpful Education Links

LEARNING DISORDERS

Learning Disabilities Association of America - LDAamerica.org

(NY Chapter) - ldanys.org

Vocational & Educational Services for Individuals w/ Disabilities (VESID) - vesid.nysed.gov

SchwabLearning.org - SchwabLearning.org

National Center for Learning Disabilities - www.nclld.org

LD Online (LD's & ADHD) - LDonline.org

National Institute of Health - NIH.gov

US Department of Education - IDEA.ed.gov

International Dyslexia Association - InterDys.org

(NY Branch) - nybida.org

(Suffolk Branch) - InterDys.org

TIC DISORDERS

Tourette Syndrome Association - TSA-USA.org

Tourette Syndrome Association (NY Chapter) - TSA-NYC.org

Tourette Syndrome Association (Long Island Chapter) - LI-TSA.org

Tourette Syndrome Plus - TouretteSyndrome.net

Tourette-Syndrome - Tourette-Syndrome.com

National Institute of Health (Tourette Fact Sheet) - NIH.gov

Growing Up With Tourette's Syndrome (For Kids) - TSkids4.tripod.com

AUTISM SPECTRUM DISORDERS/PDD

Yale Child Study Center (Autism Spectrum Disorders) - Med.Yale.Edu

National Institute of Mental Health (Autism Spectrum Disorders) - NIMH.gov

CDC (Autism) - CDC.gov

Autism Society of America - autism-society.org

(Nassau/Suffolk Chapter) - nsasa.org

(Queens Chapter) - 718-464-5735

(Brooklyn Chapter) - 718-336-9533

NYU Child Study Center - AboutOurKids.org

Autism Speaks - AutismSpeaks.org

National Institute of Health (Autism) - NIH.gov

Association for Science in Autism Treatment - ASATonline.org

Association for Behavioral Analysis - ABAinternational.org

The Source - MaapServices.org

Helpful Education Links

MENTAL RETARDATION/DEVELOPMENTAL DISABILITIES

National Dissemination Center for Children with Disabilities - NICHCY.org

The ARC (Advocacy Organization) - TheArc.org

NY State Early Intervention Program - health.state.ny.us

Developmental and Behavioral Pediatrics Online - DBpeds.org

National Organization on Fetal Alcohol Syndrome - NOFAS.org

National Organization on Fetal Alcohol Syndrome (NY Resources) - NOFAS.org

CDC (Developmental Disabilities) - CDC.gov

Family Voices - FamilyVoices.org

Family Voices (NY Chapter) - FamilyVoices.org

ADDICTION DISORDERS

Alcoholics Anonymous - Alcoholics-Anonymous.org

Narcotics Anonymous (Greater NY) - newyorkna.net

Al-anon and Alateen - Al-Anon.AlaTeen.org

Cocaine Anonymous - CA.org

MADD (Mothers Against Drunk Driving) - MADD.org

National Institute on Drug Abuse - NIDA.NIH.gov

Partnership for a Drug-Free America - DrugFree.org

Parents: The Anti-Drug - TheAntiDrug.com

Substance Abuse & Mental Health Services Admin. - SAMHSA.gov

Substance Abuse Treatment Locator - SAMHSA.gov

National Association for Children of Alcoholics - NACOA.org

GAY, LESBIAN AND TRANSGENDER INFORMATION

Parents, Families and Friends of Gays and Lesbians - pflag.org

Parents, Families and Friends of Gays and Lesbians (NY) - pflagnyc.org

Parents, Families and Friends of Gays and Lesbians (Long Island) - pflagli.org

The Trevor Project (24/7 Suicide & Crisis Prevention Help Line) -

TheTrevorProject.org

Trevor 24/7 Toll Free Hotline - 1-866-4-U-Trevor

Helpful Education Links

SUICIDE PREVENTION

Columbia University TeenScreen Program - TeenScreen.org

American Foundation for Suicide Prevention - AFSP.org

National Suicide Prevention Lifeline - SuicidePreventionLifeline.org

Suicide Prevention Resource Center - SPRC.org

CRISIS INFORMATION

In an emergency call 911.

**National Suicide Hotlines - 1-800-Suicide or 1-800-999-9999 (for teens),
or 1-800-273-Talk**

New York State Child Abuse Hotline (For All Counties) - 1-800-342-3720

New York City (Queens, Manhattan, Brooklyn, The Bronx, Staten Island):

NYC Crisis Intervention Hotline (Mental Health Assoc. of NY/LifeNet) -

mhaofnyc.org

1-800-LifeNet (1-800-543-3638) (English)

1-877-Ayudese (1-877-298-3373) (Spanish)

1-877-990-8585 (Asian LifeNet)

1-212-982-5284 (TTY)

New York City Department of Health and Mental Hygiene -nyc.gov

Long Island (Nassau and Suffolk)

Long Island Crisis Center - longislandcrisiscenter.org

Business - 516-826-0244 Hotline - 516-679-1111

Runaway Hotline - 516-679-1111

Nassau County:

Mental Health Association of Nassau County - mhanc.org

Nassau County Mental Health Website - nassaucountyny.gov

Adult Protective Services - (516) 227-8395

Nassau County Coalition Against Domestic Violence - 516-542-0404

Nassau County Department of Social Services - 516-227-8395

Nassau University Medical Center-Psychiatric E/R - 516-572-4775

**Nassau County Mobile Crisis Teams: Adult Team - 516-572-6419; Children's Team
- 516-868-3030 ext. 245/246**

Nassau County Drug and Alcohol Addiction Hotline - 516-481-4000

Project Warm Bed 1-866-927-6233

Rape Hotline - 516-222-2293

Helpful Education Links

Suffolk County:

Mental Health Association of Suffolk County - mhasuffolk.org
Suffolk County Community Mental Hygiene Website - suffolkcountyny.gov
Mental Health Hot Line - 631-952-3333
Adult Protective Services - 631-854-3195
Comprehensive Psychiatric Emergency Program at Stony Brook - 631-444-6365
Crisis Residence - 631-761-2929
FEGS/LIFE Program's Warm Line - 631-264-2915
Mobile Crisis Team - 631-952-3333
Response Hot Line - 631-751-7500
Mobile Geriatric Crisis Team - 631-952-3333
Sagamore Crisis Team (Youth) - 631-673-7701
DSS Emergency Services Hotline - 631-854-9100 (Housing, food, heat)
Talbot House (24 - hr. Substance Abuse Crisis)- 631-589-4144

MISALANOUS REFERRALS/RESOURCES

-American Academy of Child and Adolescent Psychiatry (AACAP) Family Resources, <http://www.aacap.org/cs/forFamilies>
-AACAP Clinician Finder, http://www.aacap.org/cs/root/child_and_adolescent_psychiatrist_finder/child_and_adolescent_psychiatrist_finder
-Academy of Cognitive Therapy, <http://www.academyofct.org>
-International Society of Interpersonal Psychotherapy, <http://www.interpersonalpsychotherapy.org>
-AACAP Your Child Book, <http://www.harpercollins.com/books/Your-Child/?isbn=9780061431050>
-AACAP Your Adolescent Book, http://www.aacap.org/cs/root/publication_store/your_adolescent
-Clinical Trials, http://www.aacap.org/cs/root/research/clinical_trials
-Respite Services, <http://www.psych.org>
-Healthy Minds, Healthy Lives, <http://www.healthyminds.org>
-NARSAD, <http://www.narsad.org>
-Partnership for Prescription Assistance, <http://www.helpingpatients.org>
-Rx Assist, <http://www.rxassist.org>
-Westchester Parenting Center, <http://www.westchesterparentingcenter.com>
-Kids Health, <http://www.kidshealth.org>
-Mental Health America, <http://www.nmha.org>
-MentalHelp.net, <http://www.mhnet.org>
-National Institute of Mental Health, <http://www.nimh.nih.gov>
-Mental Health Advocacy, <http://www.treatmentadvocacycenter.org>
-National Education Alliance for Borderline Personality Disorder, <http://www.neabpd.org>

