DBSA Resource Guide 2009

How to Find a Good Therapist or Psychiatrist

Websites

Psych Central
http://psychcentral.com

Find-A-Therapist, Inc.
www.find-a-therapist.com
1-866-450-FIND (1-866-450-3463)

Therapist Directories
http://howtofindagoodtherapist.com

Depression and Bipolar Support Alliance, Find a Mental Health Professional
www.DBSAlliance.org/FindAPro

Articles and Video

“What to Do When You Can’t Afford Therapy”
www.findingyourmarbles.com/

“Finding a Mental Health Specialist: What to Look For and Questions to Ask”
www.psycheducation.org/

“Tips for Finding a Good Therapist”
www.squidoo.com/

Psych Central - “How to Choose a Therapist”
www.youtube.com/watch?v=sqK2Y43Hpag

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How To Get Help With Medications

Help may be available from private insurance, State/Federal government agencies, drug company programs, doctors' samples and foreign mail order pharmacies.

Articles

Mental Health America
www.mentalhealthamerica.net
(800) 969-6642

The Wall Street Journal
www.mainstreet.com
“Rx Help Online: Free and Discount Drugs”

"6 Ways to Save on Prescription Drugs"
www.health.com

“What You Should Know About Drug Discount Cards”
www.healthyplace.com

“More Americans Can’t Afford Needed Medications” - http://pn.psychiatryonline.org

Organizations

Partnership for Prescription Assistance
www.pparx.org
1-888-4PPA-NOW (1-888-477-2669)

NeedyMeds
www.needymeds.org

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Health Insurance

Getting and Keeping Health Insurance

Health Insurance Resource Center
www.healthinsurance.org

Health Insurance - Provision of Mental Health and Substance Abuse Services
http://mentalhealth.samhsa.gov

Georgetown University’s Health Policy Institute -
www.healthinsuranceinfo.net

California Consumer Guide to Getting and Keeping Health Insurance
www.healthinsuranceinfo.net

“How to shop for health insurance”

Qualifying for Disability Insurance

The Income Support
http://employeeissues.com

Social Security -- Benefits For People With Disabilities -
www.ssa.gov/disability

Supplemental Security Income (SSI)
www.ssa.gov

“The Benefit Eligibility Screening Tool (BEST)”
http://connections.govbenefits.gov
www.disabilitybenefits101.org
Employment Issues

Finding a Job

Job Applicants and the Americans with Disabilities Act
www.eeoc.gov

CareerOneStop Sponsored by the U.S. Department of Labor
http://careeronestop.org

CONNECT! - Workforce and Business Solutions for the Silicon Valley
www.connect.one-stop.org

NOVA - Developing a skilled workforce for the Silicon Valley
http://novaworks.org

"Finding a Job That Is Right for You: A Practical Approach to Looking for a Job as a Person with Disability"
www.jan.wvu.edu

State Vocational Rehabilitation Agencies
www.jan.wvu.edu

"Job Search For People Who Have Experienced or are Experiencing Mental/Emotional Illness"
www.vpul.upenn.edu
Maintaining Employment - Your Rights

“Employment Issues for People with Mental Illness”
www.onestops.info

“Myths and Facts about Mental Illness”
www.onestops.info

“Handbook of Job Accommodations in Mental Health”
www.springer.com

Disability-Related Laws and Regulations
Disability Related Sites
www.doleta.gov

“Living Well with a Psychiatric Disability in Work and School”
“What Are Reasonable Accommodations?”
“How does mental illness affect my work performance?”
“Disclosing Your Disability to an Employer”
www.bu.edu

“Frequently Asked Questions From Employers”
http://bipolarworld.net

Unemployment Benefits

State Unemployment Insurance Benefits
www.ows.doleta.gov

State Unemployment application sites
www.servicelocator.org

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Crisis Management

Mental Health Services Locator
http://mentalhealth.samhsa.gov

“The Crisis Management System”
www.findingyourmarbles.com

“Getting Help: Locate Services”
www.nimh.nih.gov

“If You’re Feeling Suicidal...Advice To Get You Through”
http://helpguide.org
800-273-TALK

“If You Are Thinking of Suicide”
www.metanoia.org
800-SUICIDE

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How to Help a Loved One

Organizations

Depression Bipolar Support Alliance (DBSA), Family Center
www.DBSAlliance.org/FamilyCenter
(800) 826-3632

National Alliance on Mental Illness (NAMI)
http://www.nami.org
(800) 950-NAMI (6264)

HealthyPlace America's Mental Health Channel
www.healthyplace.com
“Supporting Someone with Bipolar Disorder”
“Bipolar Medication Compliance Issues”

Articles and Videos

“How Getting Help for Family Members of Bipolar Patients”
www.youtube.com

“How Depression: Caring for a Depressed Person”
www.health.com

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Alternative Treatments

Websites

- Emotional Freedom Technique (EFT)
  http://en.wikipedia.org

- Branches of alternative medicine
  http://en.wikipedia.org

Articles

- “Alternative Approaches To Mental Health Care”
  http://mentalhealth.samhsa.gov

- “Complementary and Alternative Medicine (CAM): For Mental and Emotional Health”
  http://helpguide.org

- “Body-Mind Mental Health Therapies”
  http://helpguide.org

- “Alternative Approaches to Mental Health Treatment”
  www.healthyplace.com

- “Alternative Medicine: Evaluate Claims of Treatment Success”
  www.mayoclinic.com

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