



"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it is the only thing that ever has."

MARGARET MEAD

Web Sites

April 2008 from

www.facesva.org/pdf/articles/web_sites_apr2008.pdf

Web sites are a great source of information about research and medications as well as a source for ideas for dealing with brain disorders. There are literally millions of sites world wide so it is perhaps best to start your search with sites that are local or referred by known individuals or organizations.

You can get free computer time at most local and state libraries. Call and see what the peak times of use are and if you need to register ahead.

The web sites listed here have proven to be helpful to many families.

www.facesva.org

FACES is a non-profit corporation founded by families of loved ones with brain disorders such as bipolar disorder, schizophrenia, depression and schizoaffective disorder. The mission of **FACES** is to serve and support families by helping to dissolve the stigma surrounding mental illness.

www.nimh.nih.gov

The National Institute of Mental Health (NIMH) is the largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health.

www.mentalhealth.samhsa.gov

National Mental Health Information Center. Mental illness facts, mental health services, health tips.

www.nmha.org

Mental Health America (formerly known as the National Mental Health Association) is the countries leading nonprofit dedicated to helping ALL people.

www.schizophreniadigest.com

Launched in 1994, Schizophrenia Digest is the brainchild of Bill MacPhee, who was diagnosed with schizophrenia at the age of 24. Bill has first-hand knowledge of the isolation felt by those

with the disease, and he wanted to create a resource that wasn't available to him when he was diagnosed. He envisioned a magazine that would provide relevant information about news and research from around the world, as well as reach out to people in a personal way through interviews with others affected by schizophrenia, either directly or indirectly.

www.anchormag.com

Real life testimonials about people living with depression and interesting and thought-provoking feature stories. Headline news in the fields of science and medicine.

www.bphope.com

bp Magazine's true purpose is to convey the personal stories of challenge and success that each person who lives with bipolar disorder faces. In doing so, its goal is to promote hope and harmony for bipolar individuals and the ones who love them.

www.nami.org

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots organization for people with mental illness and their families.

www.copelandcenter.com

The Copeland Center works toward transforming lives, programs and mental health services and systems. They focus on the expressed needs of people having mental health difficulties or people who are using services.

www.time.com/time/magazine

Click on archive for articles on mental health.