



## Just Talk About It: Using Mental Health Education to Prevent and Treat Substance Use Disorder

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## **NLM and Partner Organization Mental Health Web Resources**

### **MedlinePlus**

[www.medlineplus.gov](http://www.medlineplus.gov)

Includes many mental health topics pages, as well as drug information, directories of providers/facilities, a medical dictionary, medical encyclopedia and more.

#### *MedlinePlus Search Tips:*

- Start with the health topics
- For basic information, you can use the medical dictionary or encyclopedia
- Find providers and hospitals/facilities in the directories
- Find support groups in organizations section
- Look up drug or supplement information.
- For more in depth drug information, explore the Drug Information Portal:  
<http://druginfo.nlm.nih.gov>

#### *Tips for Advanced Searching with the Search Box*

- For phrase searching, use quotes: “Asperger’s Syndrome”
- Can search a specific site: Ex/ bullying site:kidshealth.org
- Not case sensitive
- Will spell check
- Type – Alzheimer’s – show spell check
- Can use Boolean searching (OR, NOT )
- (nutrition AND exercise) NOT surgery
- With +, can limit search term to exactly what you
- Ex/ +schizophrenia
- With \*, can search for variations of a word: Schizo\*

### **National Institute of Mental Health**

<https://www.nimh.nih.gov/index.shtml>

The National Institute of Mental Health (NIMH) is one of 27 components of the National Institutes of Health (NIH), the Federal government's principal biomedical and behavioral research agency. Includes information for the public on the signs, symptoms, diagnosis and treatment for anxiety disorders, attention deficit hyperactivity disorder, autism spectrum disorders, bipolar disorder, borderline personality disorder, depression, eating disorders, generalized anxiety disorder, obsessive-compulsive disorder(OCD), panic disorder, post-traumatic stress disorder (PTSD), schizophrenia, social phobia (social anxiety disorder). Information is available on Clinical Trials, Statistics and Publications Some publications are available on order in print for free. Also there is information for research, funding and community outreach.

### **National Alliance on Mental Illness (NAMI)**

[www.nami.org](http://www.nami.org)

Empowers consumers to take action, find social support for their illness and fight stigma.

“NAMI is a nonprofit, grassroots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses, such as schizophrenia, schizoaffective disorder, bipolar disorder, major depressive disorder, obsessive-compulsive disorder, panic and other severe anxiety disorders, autism and pervasive developmental disorders, attention deficit/hyperactivity disorder, and other severe and persistent mental illnesses that affect the brain.”

### **BringChange2Mind**

<http://bringchange2mind.org>

### **American Psychological Association Help Center**

<http://helping.apa.org>

Includes information on mind/body health and locating a psychologist.

### **American Psychological Association**

<http://www.apa.org/>

Includes information on addictions, ADHD, bullying, aging, Alzheimer’s disease, anger, children, depression, divorce, emotion, kids & the media, obesity, personality disorders, sexuality, shyness, sleep, stress, testing issues, trauma, women & men.

### **The Mind Body Medical Institute**

<http://www.bensonhenryinstitute.org/>

The Institute, located in Chestnut Hill, Massachusetts, increases use of The Relaxation Response. The site has information on stress management, positive thinking, exercise and nutrition.

### **Clinical Trials**

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

The National Library of Medicine/ National Institutes of Health’s resource to search for Clinical Trials in the various stages throughout the country.

### **SAMHSA’s National Mental Health Information Center**

<http://www.samhsa.gov/>

The Substance Abuse and Mental Health Services Administration of the United States Department of Health and Human Services is a helpful site for information on substance abuse, mental illness and coping with disaster.

### **Mental Health America**

<http://www.mentalhealthamerica.net/>

[Formerly known as the National Mental Health Association] “The National Mental Health Association (NMHA) is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 340 affiliates nationwide. NMHA works to improve the mental health of all Americans, especially the 54 million individuals with mental disorders, through advocacy, education, research and service. NMHA was established in 1909 by former psychiatric patient Clifford W. Beers. During his stays in public and private institutions, Beers witnessed and was subjected to horrible abuse. From these experiences, Beers set into motion a reform movement that took shape as the National Mental Health Association.”

### **Massachusetts General Hospital Center for Women’s Mental Health**

<http://www.womensmentalhealth.org/>

The center is a leader in research on women’s mental health. The latest research on PMS, pregnancy, postpartum, breastfeeding, infertility and menopause for women with mental health conditions is provided with information about how to get in touch with one of their expert care providers or to participate in a research study.

### **National Center for PTSD**

<http://www.ptsd.va.gov/>

The National Center for Posttraumatic Stress Disorder, from the US Department of Veteran Affairs, provides information for Veterans and the general public as well as researchers and providers. There are patient education materials on PTSD you can print. They have a PTSD Mobile App to help manage symptoms and cope. The site includes helpful videos for coping with PTSD. There are clinician guides.

### **Bazelon Center for Mental Health Law**

<http://www.bazelon.org>

A national legal advocate for people with mental illnesses and developmental disabilities

### **American Academy of Child & Adolescent Psychiatry**

[www.aacap.org](http://www.aacap.org)

Helpful Facts for Families Guide includes information about talking with kids about sex and child/media health.

## **Mental Health First Aid**

<http://mentalhealthfirstaid.org>

Mental Health First Aid is an internationally recognized program. Mental Health First Aid is the help provided to a person who is developing a mental health problem or in a mental health-related crisis, until appropriate professional treatment is received or the crisis resolves. The courses help community members learn how to recognize the signs and symptoms of mental health problems, understand the possible causes or risk factors, learn about evidence based medical, psychological and alternative treatments, and gain skill to give appropriate initial help and support, and skill to take if a crisis situation arises. The courses are open to anyone age 18 years or older.

The Mental Health First Aid Action Plan includes the ALGEE plan:

A – Approach, assess and assist with any crisis

L – Listen non-judgmentally

G – Give support and information

E – Encourage appropriate professional help

E – Encourage other supports

## **Resources for Drugs and Supplements Related to Mental Health**

### **Drug Information Portal**

<https://druginfo.nlm.nih.gov/drugportal/>

The NLM Drug Information Portal gives users a gateway to selected drug information from the National Library of Medicine and other U.S. governmental agencies like the FDA and CDC. Information is provided from NLM sources including: DailyMed, MedlinePlus, PubMed, TOXNET, AIDSInfo, LiverTox, PubMed Health, Pillbox beta, ClinicalTrials.gov, LactMed and ChemIDplus.

### **DailyMed**

[www.dailymed.nlm.nih.gov](http://www.dailymed.nlm.nih.gov)

DailyMed provides high quality information about marketed drugs. Drug labeling on this site is the most recent submitted to the FDA and currently in use. The labels have been reformatted to make them easier to read.

### **LactMed**

[toxnet.nlm.nih.gov/lactmed](http://toxnet.nlm.nih.gov/lactmed)

Lactmed is a database of drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Statements of the American Academy of Pediatrics concerning a drug's compatibility with breastfeeding are provided, as are suggested therapeutic alternatives to those drugs where appropriate. All data are derived from the scientific literature and fully referenced. Data is organized into substance-specific records, which provide a summary of the pertinent reported information and include links to other NLM databases. Supplemental links to breastfeeding resources from credible organizations are also provided.

### **Dietary Supplements Labels Database**

[www.dietarysupplements.nlm.nih.gov](http://www.dietarysupplements.nlm.nih.gov)

The dietary supplements labels database offers information about label ingredients from 5,000 brands on dietary supplements. It enables users to compare ingredients in different

brands. Ingredients are linked to NLM resources like MedlinePlus and PubMed as well as other government online resources.

### **Pillbox beta**

<http://pillbox.nlm.nih.gov>

The Pillbox website was developed to aid in the identification of unknown pills. It combines images of pills with the appearance and other information to enable users to visually search for and identify oral solid dosage form medications.