

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.DBSAAlliance.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

DBSA does not endorse or recommend the use of any specific treatment, medication or resource mentioned. For advice about specific treatments or medications, individuals should consult their physicians and/or mental health professionals.

DBSA Resource Guide 2009

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

"Factsheet: How Can I Get Help Paying for My Prescriptions?"

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

DBSA does not endorse or recommend the use of any specific treatment, medication or resource mentioned. For advice about specific treatments or medications, individuals should consult their physicians and/or mental health professionals.

DBSA Resource Guide 2009

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"
www.cnn.com/2009/HEALTH

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

DBSA does not endorse or recommend the use of any specific treatment, medication or resource mentioned. For advice about specific treatments or medications, individuals should consult their physicians and/or mental health professionals.

DBSA Resource Guide 2009

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

DBSA does not endorse or recommend the use of any specific treatment, medication or resource mentioned. For advice about specific treatments or medications, individuals should consult their physicians and/or mental health professionals.

DBSA Resource Guide 2009

Employment Issues

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

DBSA does not endorse or recommend the use of any specific treatment, medication or resource mentioned. For advice about specific treatments or medications, individuals should consult their physicians and/or mental health professionals.

DBSA Resource Guide 2009

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

DBSA does not endorse or recommend the use of any specific treatment, medication or resource mentioned. For advice about specific treatments or medications, individuals should consult their physicians and/or mental health professionals.

DBSA Resource Guide 2009

How to Help a Loved One

Organizations

Depression Bipolar Support Alliance (DBSA), Family Center
www.DBSAAlliance.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

"Getting Help for Family Members of Bipolar Patients"
www.youtube.com

"Depression: Caring for a Depressed Person"
www.health.com

DBSA does not endorse or recommend the use of any specific treatment, medication or resource mentioned. For advice about specific treatments or medications, individuals should consult their physicians and/or mental health professionals.

DBSA Resource Guide 2009

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

DBSA does not endorse or recommend the use of any specific treatment, medication or resource mentioned. For advice about specific treatments or medications, individuals should consult their physicians and/or mental health professionals.