

***Mental Health Resources
on the Web
for Families***

a quick reference guide

Nathan S. Kline Institute for Psychiatric Research
(a facility of the New York State Office of Mental Health)

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I. Introduction

“I was told by a psychiatrist that my sister was mentally sick, and suffering from schizophrenia. The psychiatrists, and the social worker, all gave the impression that no further explanations were needed, whereas I was without any understanding, or grasp of what was involved. When I recovered a little from the initial shock, I obtained some books from the public library...”

The statement above was made by a sibling of a person with a serious mental illness. Her words convey the cloud of intense feelings that are stirred when someone learns that their family member has been diagnosed with a serious illness.

At once, your head is awash in emotions. You may be unable to process information. It is likely that you will hear and retain very little of what has been said by the doctor, except for a frightening diagnosis or label.

But to cope effectively with any chronic illness, you need to have access to accurate, up-to-date information on symptoms, treatments, and management strategies. This need for information is especially acute among the more than 10 million families in the U.S. who live with a relative with a serious mental illness.

Over the past two decades, there have been significant improvements in care and treatment for people with mental illness. Genetic research and new imaging technologies (e.g., MRI, PET scans, etc.) have provided evidence that diseases such as schizophrenia, bipolar disorder, and severe depression are “no-fault” brain diseases.

A new generation of anti-psychotic medications has reduced some of the troubling side effects of drugs that are used to treat the symptoms of mental illness. Also noteworthy has been the rapid growth of the consumer and

family movements that provide information, mutual support, and hope for consumers and their families.

While great strides have been made in understanding and treating these disorders, there are still wide gaps in what has been termed “mental health literacy¹.” Because of the shame and guilt still associated with mental illness, families are often reluctant to reach out for help and information. This is particularly true at the onset of these disorders when so much time and energy must be devoted to caregiving.

One relatively new resource for families is the Internet --- or world wide web --- which allows families to access a wealth of information on mental illness that is literally available at their fingertips. The Internet represents nothing short of a virtual explosion of information; this new technology enables individuals to network with libraries, databases, public and private organizations, and with each other.

From the privacy of your home or office, or at a convenient public library, it is now possible to access a catalog of the holdings of the National Library of Medicine, to chat with another parent who once faced a similar crisis, or to communicate with a physician at a university in a distant state.

Purpose of this Publication

This brief monograph was written specifically for families of persons with severe mental illness. It is intended to:

- Provide basic information and strategies for new users of the Internet;
- Suggest ways in which the Internet can be used to find information, support, and other mental health resources; and
- Identify mental health sites on the web that may be particularly useful and relevant to families.

Of course, the information provided herein is introductory, rather than exhaustive. And the suggestions are merely a handful from the hundreds of sites that touch upon the needs of people with mental illness and their families. We selected these

¹ Jorm AF, Korten AE, Jacomb PA et al. (1997) “Mental health literacy: a survey of the public’s ability to recognise mental disorders and their beliefs about the effectiveness of treatment,” Medical Journal of Australia, Vol. 166(4): 182-186.

web sites because they are the ones that we find most useful in our own work and return to time and time again.

Hopefully, this publication will whet your appetite to learn more about this potent resource and its potential value to you and your loved ones.

“The Internet is the most exciting tool for learning since the printing press.”

Barbara Ford, American Library Association

What is the Internet and How Can I Use It?

The **Internet**, the **world wide web**, or the **web** are all names used to describe the vast network of information in cyberspace, available to anyone who has access to a computer, a browser (software), and a connection to an Internet service provider through a telephone modem (or some other means of communication, such as a cable modem or DSL).

If you do not own a personal computer, many municipal or college libraries offer free access to individuals who wish to use a computer to access the Internet. There are also many commercial facilities (e.g., Kinko’s) that lease time on the Internet on an hourly basis.

First, A Few Definitions

Web browser

A web browser is software, installed on your computer, that allows you to navigate the Internet. Netscape Navigator and Microsoft Internet Explorer are two of the most commonly used web browsers.

Internet service provider

An Internet service provider connects you to the Internet just as your long distance carrier connects you to the telephone network. Some of the most common Internet service providers are America Online, AT&T World Net Service, CompuServe and Prodigy. The average cost of this service is \$20 per month but varies based on actual usage.

The site www.freedomlist.com compiles an up-to-date listing of companies that offer free or low-cost (less than \$10 per month) access to the Internet.

Web sites

A web site contains all the information offered by a particular organization, including links to other sites. Each web site generally starts with a home page and contains many other pages of information behind it.

URL (Uniform Resource Locator)

Each web site has its own specific address, similar to the way each home has an address to facilitate the delivery of mail. This address is called the URL and is usually case-sensitive (this means that each letter must be typed in exactly as it appears in the address, using upper or lower case letters). A URL begins with the characters `http://`, typically followed by `www`. Common URL suffixes are `.com` (for commercial organizations), `.edu` (for educational institutions), `.gov` (for government agencies), and `.org` (for non-profit groups and organizations not covered by the other suffixes).

Where Can I Find Out More about the Internet?

Many books available in libraries or bookstores give overviews of the Internet and its use. However, there are several worthwhile web sites that offer free tutorials on the use of the Internet.

These sites provide “how-to” information on a range of topics, including:

- holding a mouse
- searching for information
- sending and receiving e-mail
- finding chat rooms with people who share similar interests

- receiving newsletters, and
- troubleshooting any problems you have along the way

Internet Tutorials

Here are the URLs (Internet addresses) for some helpful, user-friendly Internet tutorials:

Learn the Net

www.learnthenet.com

Internet 101

www.internet101.org

Internet for Beginners

www.netforbeginners.about.com

AARP Learn the Internet

www.aarp.org/learninternet

New User Tutorial

tech.tln.org

Surfer Beware: Caveats for Users

As you embark upon the “information highway,” it is wise to exercise reasonable caution.

1) Be critical of what you read.

- Anyone can say anything on the Internet.
- You do not always know who is posting the information.
- There is no assurance of the accuracy or quality of the information you see.
- It may be difficult, if not impossible, to differentiate fact from opinion.

2) Consider the source of the information.

- Try to stick with sites sponsored by reputable organizations. The URL can often help you identify the source of the information (.edu, .gov, .com, .org, .US, etc.). Be wary of sites that are selling products.
- Examine the references at the end of an article. Try to determine the credibility of the author or editor of the information by looking at their credentials and affiliation.
- Find out from where the information is derived (e.g., a clinical trial, experience, or opinion).
- When possible, try to utilize sites that practice evidence-based medicine, which is based on solid research.
- Compare information on the same topic from different sites to see if they provide similar advice.
- Be especially cautious about testimonials you find on bulletin boards or in chat rooms. More often than not, they represent subjective opinions, rather than facts based on medical research.

3) Make sure information you find is current.

Every major page of a web site should include the date that it was written or reviewed. Whenever possible, rely only on material that includes a date. On some sites, no one verifies whether information is still accurate or whether it has long ago become obsolete.

4) Make sure the arrangement of material on the site is user-friendly.

There are many, many sites to choose from; so be sure to use those that are easy to read and navigate. Don't waste your time trying to find information embedded in poorly designed web sites.

5) Remember that the Internet cannot substitute for medical or other clinical sources.

Given all the caveats discussed above, always be judicious in your use of the Internet as a source of definitive information concerning mental health issues. By exercising appropriate caution, the knowledge you get from the web can help you become more "mental health literate," help you learn what questions to ask, and enable you to better communicate with professionals.

6) Be cautious about sharing private information over the Internet; you can't be sure that information you divulge will remain private.

- Most times, families are seeking information from the Internet. But there may be some instances where you will decide to voluntarily offer information on-line. Before you fill out any forms or reveal any information about yourself or your family, make sure you review the site's "privacy policy."
- When you post messages in chat rooms or on bulletin boards, consider using a pseudonym.
- To find out more information about privacy on the web, obtain a copy of a free brochure, entitled DotComSense, from the American Psychological Association at <http://helping.apa.org/dotcomsense> or by calling 1-800-964-2000.

Strategies for Searching

Some people have compared the Internet to a library with all its holdings strewn upon the floor. Because the Internet has so much information that is only loosely organized, it is important that you use tools to help you wade through relevant and irrelevant information efficiently. Otherwise, you can spend huge amounts of time and energy.

Smart Ways to Navigate the Internet

- **Look for specific Internet addresses or URLs that you know and trust.**

It is easier to call a plumber that has been recommended to you by name than to search through the yellow pages or the Pennysaver. Keep track of sites that come highly recommended by people you trust.

A note of caution, if you have trouble accessing a web site address (which is typically comprised of multiple letters, numbers, and punctuation marks), be sure to verify that you have typed in the characters correctly. It is so easy to make mistakes. If you still have trouble accessing an address, it may be helpful to find the correct address by using a search engine (see below).

- **Utilize links you identify from sites you find useful.**

If you like the information on a particular site, you may be interested in checking out the links associated with that site. Be sure to “bookmark” or save those links that you think may be useful in the future.

- **Use search engines and key words to help you find the information you need.**

Search engines and guides attempt to organize the vast amount of information found on the Internet. A search engine usually sorts information in terms of its relevance to your query.

By identifying and inputting “key words” you instruct the search engine to find what you need. For example, you may use the words “clozapine and obesity” to find out whether the use of clozapine leads to weight gain.

To get the best results from a search engine, it helps to know how the search engine interprets the terms you input. There is usually a link to this information on the home page of the search engine. Most search engines allow you to use “phrases” (entered within quotation marks) and the terms *and*, *or* and *not*.

II. Popular Search Engines and Guides

General Search Engines

Some popular search engines are listed below, in alphabetical order, with their URLs.

Alta Vista

www.altavista.com

Excite Precision Search

search.exite.com

Google

www.google.com

Hotbot

www.hotbot.com

AlltheWeb

www.alltheweb.com

General Search Guides

As compared to search engines, which use computers to locate web sites and organize information, search guides or directories employ human indexers to classify and organize web sites.

Two popular search guides are listed below:

Librarians' Index to the Internet

www.lii.org

This searchable, annotated directory offers more than 9,000 Internet resources that are selected and evaluated by librarians. It is intended for use both by librarians and by the public.

Yahoo

www.yahoo.com

Yahoo is one of the oldest and most popular general search guides. It helps you navigate a vast database of on-line information, by browsing through categories or by entering search terms.

III. Suggested Web Sites

Mental Health Sites on the Web By and/or For Families

While there are many web sites that contain information on mental illness and caregiving, the sites below may be particularly useful to family members:

National Alliance for Research on Schizophrenia and Depression (NARSAD)

www.narsad.org

NARSAD is the largest donor-supported organization in the world dedicated to the support of scientific research on brain and behavior disorders. The not-for-profit has awarded over \$115 million in research grants to more than 1,300 scientists. The web site features brief fact sheets on various mental disorders, offers orderforms for free NARSAD publications, and highlights opportunities for families to participate in research either as study participants or as donors.

National Alliance for the Mentally Ill (NAMI)

www.nami.org

The National Alliance for the Mentally Ill is a not-for-profit organization comprised of more than 168,000 family members and advocates who seek to improve research and services for people with serious psychiatric illnesses. The NAMI web site offers a vast array of pertinent information for family members and the general public including information on policy, research, medications, books on mental illness, notification of meetings, and news concerning mental illness. Additionally, the site is helpful in providing information about NAMI affiliates and staff contacts. An internal search engine makes navigation of the site easier.

National Alliance for the Mentally Ill of New York State (NAMI-NYS)

www.naminys.org

Focused on the need for self-help, support, and advocacy for families and friends of persons with severe mental illnesses, this site includes information about the State organization and its local affiliates. Other site resources include referral services, favorite links, and updates on important advocacy issues such as mental health parity.

National Alliance for the Mentally Ill, New York City-NYC Affiliate

naminyc.nami.org

This well-organized web site provides extensive information on the diagnosis, symptoms, and treatment of severe mental illness and offers practical information and coping tips that will be invaluable to mentally ill persons and their caregivers. Information is also provided on mental health policy issues.

National Depressive and Manic-Depressive Association

www.ndmda.org

This site is intended to educate patients, families, and the public concerning the nature and treatment of depressive and manic-depressive illness. It offers fact sheets that provide an overview of various mood disorders and their symptoms, contact information for local patient/consumer support groups, and a toll-free information line.

Government Agencies

Knowledge Exchange Network (KEN)

www.mentalhealth.org

The Center for Mental Health Services (CMHS) of the Substance Abuse and Mental Health Services Administration (SAMHSA) established the National Mental Health Services Knowledge Exchange Network (KEN) to provide information to the public about mental health service programs and funding opportunities sponsored by the federal government.

National Institute of Mental Health (NIMH)

www.nimh.nih.gov

The web site of the National Institute of Mental Health (NIMH) provides information on federally supported mental health research activities, including grants and contracts. The “For the Public” section offers information about the symptoms, diagnosis, and treatment of mental illnesses. Brochures, information sheets, reports, press releases, fact sheets, and other educational materials are all available. The NIMH site also includes a publications order form (most publications are free), as well as press advisories and news on research findings.

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

www.niaaa.nih.gov

A sister agency to NIMH and NIDA, the National Institute on Alcohol Abuse and Alcoholism (NIAAA) provides information and publications relating to alcohol use and abuse. Many of the pamphlets and brochures are available in both English and Spanish.

National Institute on Drug Abuse (NIDA)

www.drugabuse.gov

The National Institute on Drug Abuse (NIDA) web site provides a vast array of information for researchers, health professionals, parents, teachers, and students. The site offers up-to-date news, research reports, fact sheets, information about common drugs of abuse, and information about co-occurring mental health and

substance use disorders. Popular on-line publications on various aspects of drug abuse are available on the site.

Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov

This federal site provides information about and links to each of the three Centers under SAMHSA (the Center for Mental Health Services, the Center for Substance Abuse Prevention, and the Center for Substance Abuse Treatment). Much of the emphasis of the site is on the prevention and treatment of substance abuse problems including, but not limited to, persons with severe mental illnesses.

Specialized Mental Health Information Available from Professional and Private Organizations

Alzheimer's Association

www.alz.org

The official site of the Alzheimer's Association can be invaluable to caregivers of persons with Alzheimer's Disease. It provides facts about the illness, answers to commonly asked questions, resources for family members, information about diagnosis and treatment options, and updates on research. The site also enables you to find a local chapter and offers timely information on upcoming events.

Alzheimer's Disease Education and Referral Center

www.alzheimers.org

The Alzheimer's Disease Education and Referral Center (ADEAR) is a service of the National Institute on Aging, part of the National Institutes of Health. The site provides research updates, fact sheets, research and technical reports, a clinical trials database, and resources for information and referral. Information specialists associated with the site answer individual questions about Alzheimer's disease and its treatment.

American Academy of Child and Adolescent Psychiatry

www.aacap.org

The professional association of child and adolescent psychiatrists established this site to provide information on legislation, advocacy, and research concerning child and adolescent psychiatry. Produced in English, Spanish, German, and French, the section of the site entitled “Facts for Families” provides easy-to-digest fact sheets describing the range of psychiatric disorders which may affect children and adolescents.

American Psychiatric Association

www.psych.org

This web site was developed by the professional organization representing more than 40,000 psychiatrists in the U.S. and abroad who specialize in the treatment of mental health and substance abuse disorders. The site provides information about psychiatric conditions for the general public and links to other mental health sites.

Child and Adolescent Bipolar Foundation

www.bpkids.org

Working closely with an eminent Professional Advisory Board, this site was developed for family members by a parent-led Board of Directors. The site provides a wealth of information on early-onset bipolar disorder and offers free access to bulletin boards, fact sheets, journal articles, and practice guidelines. It also provides supervised chat rooms for family members to interact with others facing similar challenges.

Internet Mental Health

www.mentalhealth.com

Designed by a Canadian psychiatrist, this site offers a free encyclopedia of mental health information to improve the understanding, diagnosis, and treatment of mental illness. The site includes information on the most common psychiatric drugs, including indications, contraindications, warnings, precautions, adverse effects, dosage, overdoses, and research findings.

Mental Health Infosource

www.mhsource.com

This site offers information covering a wide range of psychiatric disorders and includes special links to information on caregiver issues and resources, including on-line mailing lists and news groups, that may be of particular interest to family members. The site also offers links to several on-line publications.

Mental Help Net

www.mentalhelp.net

Sponsored by CMHC Systems, a company that develops technology for mental health organizations, this site provides weekly news updates, information on disorders and treatments, professional resources, information on managed care and administration, and a monthly e-mail newsletter. It also lists associations, organizations, and university departments of psychiatry and psychology.

National Mental Health Association

www.nmha.org

Founded in 1909 by Clifford Beers, a former psychiatric patient, the National Mental Health Association was the nation's first citizen volunteer advocacy organization. Much of the emphasis of the organization is on advocacy, prevention, information and referral, and public education. The site provides information and legislative alerts on public policies affecting persons with mental illness.

National Mental Health Consumers' Self-Help Clearinghouse

www.mhselfhelp.org

Funded by the U.S. Center for Mental Health Services, this site provides information for mental health consumers including descriptions of current activities, upcoming conferences, scholarship and employment opportunities, and a catalog of publications. Also available at the site is a sign-up area for consumers interested in joining an e-mail group focused on their concerns.

Schizophrenia Home Page

www.schizophrenia.com

One of the best of its kind, this not-for-profit site provides information, support, and education focused on the brain disorder schizophrenia. The site includes extensive information that is organized according to users: people who have schizophrenia; families and friends of those who have schizophrenia; researchers and professionals; and students. Additionally, the site enables the user to search the top 100 psychiatry, medication, and support group sites. The site was created in memory of Brian Chiko's deceased brother, who had schizophrenia.

Web Portal for Schizophrenia, UK National Health Service

www.nhs.uk/schizophrenia

Produced by the Center for Evidence Based Mental Health at Oxford University, this web resource answers questions of patients and their caregivers on the basis of "what is known from research". The site includes information on: evidence-based treatments; living with and managing schizophrenia; support for carers; and legal issues.

General Health Sites

ClinicalTrials.gov

www.clinicaltrials.gov

Established by the National Institutes of Health (NIH), this site provides patients, family members, health professionals, and members of the general public with easy access to information that explains and describes clinical trials. The site offers a search engine that provides links to more than 5,500 clinical studies that are recruiting participants for research being conducted on a wide range of diseases and conditions.

DrugInfoNet

www.druginfonet.com

This site provides information on medications, including copies of the patient package insert for drugs, organized by brand name, generic name, manufacturer and therapeutic class. The site also includes contact information for prescription and over-the-counter drug manufacturers.

Emedicine

www.emedicine.com

This peer-reviewed site claims to have the largest collection of medical review articles in the world. It includes a consumer journal and a browsable section on psychiatry.

FamilyDoctor

www.familydoctor.org

This site from the American Academy of Family Physicians offers patient education documents that have been reviewed by family physicians and patient educational professionals.

Healthfinder

www.healthfinder.gov

The U.S. Department of Health and Human Services (DHHS) offers this “gateway” to consumer health and human services information. Healthfinder includes information on more than 500 clearinghouses, databases, web sites, support and self-help groups, and governmental and private organizations that produce reliable information for the public. Information can be retrieved by subject area.

MedicineNet Home Page

www.medicinenet.com

Produced by a network of doctors, the site attempts to provide comprehensive, up-to-date health information for the public. MedicineNet includes news and perspectives, treatment updates, health facts, a medical dictionary, and an index of commonly used prescription and over-the-counter medications (listed both by generic and brand names).

MEDLINEplus

www.medlineplus.gov

This site, sponsored by the National Library of Medicine (the world's largest medical library) and the National Institutes of Health, provides a vast amount of information about specific diseases and conditions in English, Spanish and other languages, for health professionals and consumers. It offers free access to more than 11 million journal citations in MEDLINE and related databases, as well as information on drugs, directories of doctors and hospitals, spellings and definitions of medical terms, access to NIH health information, links to self-help groups, and information on ongoing clinical trials. There is no advertising on this site.

Medscape

www.medscape.com

Medscape is primarily oriented towards professionals but offers information on news and research findings that can be very useful for family members. This health site is organized according to various medical specialties, and there is a specific section focused on psychiatry and mental health. The news articles on mental health are comprehensive, evidence-based, and referenced. A brief registration is required to use Medscape.

Merck Manual of Medical Information – Home Edition

www.merckhomeedition.com

In easy-to-understand language, this on-line edition of the popular Merck Manual provides vital medical information about diseases, diagnosis, prevention and treatment. An interactive edition is available in addition to the original text edition.

National Guideline Clearinghouse

www.guideline.gov

In recent years, there has been a proliferation of clinical practice guidelines (developed by government agencies, professional associations, or health care organizations) to help guide the complex decisions that need to be made about treatments of physical and mental illnesses. This interactive web site enables the user to type keywords into a search box to identify relevant guidelines for a particular disorder and to generate side-by-side comparisons of one or more

guidelines. The site includes a warning that patients should rely on professionals to interpret the materials contained in the site. The site also provides a list of excellent educational links, designed expressly for patients and/or their families.

National Institutes of Health (NIH)

www.nih.gov

Sponsored by the National Institutes of Health (NIH) of the U.S. Department of Health and Human Services, this site provides an overview of NIH; selected information on diseases and conditions under investigation at NIH; updates on grants, research training programs, and research contracts; and research news and information.

National Institutes of Health On-line Consumer Health Publications

www.nih.gov/health/consumer/conicd.htm

At this site, free publications of each of the NIH Institutes are listed, grouped by Institute or by keyword. The publications of the National Institute on Aging, National Institute of Child Health and Human Development, National Institute on Alcohol Abuse and Alcoholism, National Institute on Drug Abuse, National Institute of Mental Health, and National Institute of Neurological Disorders and Stroke may be of particular interest.

National Rehabilitation Information Center (NARIC)

www.naric.com

Established by the U.S. Department of Education, this site collects and disseminates the results of federally funded research projects focusing on rehabilitation and disability research. NARIC's searchable database of relevant literature, which includes audiovisuals, grows by approximately 200 new documents per month.

PubMed

www.pubmed.gov

Developed under the auspices of the National Institutes of Health (NIH), PubMed provides citations for more than 11 million medical articles. The system enables users to access articles from on-line journals at web sites of participating publishers, but subscriptions are usually required to get the full text. PubMed

includes the MEDLINE database, which covers the fields of medicine, nursing, dentistry, veterinary medicine, the health care system, and the preclinical sciences. A tutorial on using PubMed is provided.

Sites of Particular Interest to Residents of New York State

Columbia University Department of Psychiatry

cpmcnet.columbia.edu/dept/pi/psych.html

This is the home page of the Columbia University Department of Psychiatry, the academic institution affiliated with the New York State Psychiatric Institute (one of two research facilities that receive funding from the New York State Office of Mental Health). The Department conducts most of its clinical programs at Presbyterian Hospital. The web site details the Department, its programs, faculty, and other affiliated institutions.

The Nathan S. Kline Institute for Psychiatric Research (NKI)

www.rfmh.org/nki

The Nathan S. Kline Institute for Psychiatric Research (NKI) is the second of the two research facilities that receive funding from the New York State Office of Mental Health (OMH) to conduct psychiatric research to improve the diagnosis and treatment of severe mental illness. The NKI web site describes the research activities and state-of-the-art facilities of the Institute, which include the Center for Advanced Brain Imaging. Under the section “News and Notes” are copies of The Kline Line, a newsletter aimed at providing information to family members. The site also includes information about opportunities to participate in research.

NOAH: New York Online Access to Health

www.noah-health.org

Available in both Spanish and English, this site provides full-text health information for consumers and contains extensive information on mental disorders. It also identifies national, state, and local health care organizations.

New York State Office of Mental Health (OMH)

www.omh.state.ny.us

The New York State Office of Mental Health (OMH) operates all psychiatric centers across the state and also regulates, certifies and oversees more than 2,500 community programs, operated by non-profit agencies and local governments. This site provides information on these facilities, an organizational chart, the OMH Strategic Statement, and details of OMH regulations, including those currently under public review. The site also includes current and back issues of the OMH Quarterly, the agency's quarterly publication.

The New York State Psychiatric Institute (NYSPI)

www.nyspi.cpmc.columbia.edu

The New York State Psychiatric Institute (NYSPI) is one of two New York State research facilities funded by the Office of Mental Health. This site provides information on research, education and training, and clinical services.

New York University Department of Psychiatry

www.med.nyu.edu/Psyc

This is the home page of the New York University Department of Psychiatry. The site offers general information on the Department, which is affiliated with the Nathan Kline Institute, and includes a special section for the public with information on diagnosis and treatment, as well as on-line screening tests for anxiety and depression.

Disclaimer Notice

We cannot assume any responsibility for the content or accuracy of the material contained in the links above, nor do they necessarily reflect the official policies of the New York State Office of Mental Health or any of its facilities.

While the Internet can be an extremely useful resource, you should always consult a physician regarding specific concerns about the diagnosis and treatment of a serious mental disorder affecting yourself or a family member.