

# Information Resource

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## *ADDitude - Strategies and Support for living with ADHD*

Our content serves as a vital resource for professionals – teachers, healthcare providers, employers and others – who interact with families living with attention deficit disorder and learning disabilities every day. If your child’s teacher or your wife’s boss has a question about ADHD or LD and its treatment, we want you to send them to our website for material that’s concise, responsible, and helpful.

<https://www.additudemag.com/>

## *Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)*

**801-292-6233**

CHADD is a national nonprofit organization that improves the lives of people affected by ADHD through education, advocacy, and support. CHADD is in the forefront in creating and implementing programs and services in response to the needs of adults and families affected by ADHD through collaborative partnerships and advocacy, including training for parents and K-12 teachers, hosting educational webinars and workshops, being an informative clearinghouse for the latest evidence-based ADHD information, and providing information specialists to support the ADHD community.

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

## *Danielle Foundation*

**385-212-4419**

The Danielle Byron Henry Migraine Foundation was established in March 2016 to increase public awareness of migraine disease and its impact on patients, their families, and society. Our mission is to provide support and access to treatment for those living with migraine disease, especially young adults and children. Our dream and the ultimate goal of our foundation is to help build a comprehensive migraine treatment center in Utah.

<http://daniellefoundation.org/>

## *Encircle*

Encircle seeks to deepen and enrich the conversation among communities of faith and LGBTQ+ people. By teaching individuals to love themselves and empowering families, Encircle helps cultivate an environment where LGBTQ+ individuals can thrive. Our programs and services meet people wherever they are in their lives with cultural competency and sensitivity, using community partnerships, best practices, and innovative techniques.

<https://encircletogether.org/>

## *Medicare.gov's Provider Search*

**1-800-MEDICARE (633-4227)**

Medicare beneficiaries can search for a psychiatrist who accepts Medicare.

<http://www.medicare.gov/find-a-doctor/provider-search.aspx>

# Information Resource

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## *Mental Health America*

This group helps to connect people to hotlines, support groups, mental health agencies around the country and self-help resources.

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

## *Military One Source*

**800-342-9647**

Free support and assistance for military personnel and their families. Get to know your benefits and prepare for the big stuff – deployments, reintegration, moves, parenthood, retirement and more.

<http://www.militaryonesource.mil/>

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

**801-323-9900**

NAMI Utah's mission is to ensure the dignity and improve the lives of those who live with mental illness and their families through support, education and advocacy.

<http://namiut.org/>

## *Neurobehavioral Center for Growth*

**801-683-1062**

The Neurobehavioral Center for Growth offers services focused on fostering each child, teen or young adult's development. Whether our team clarifies the diagnosis or you come in knowing what the problem is, the most important step is knowing what to do next. We provide the most effective evidence based interventions. Treatments include mental health therapies, behavioral therapy, Applied Behavioral Analysis, parent training, educational (including Special Education) consultation, social skills training, and intensive reading tutoring. We also have a variety of parent and child groups and a LGBTQ Support Group.

<https://www.neurobcg.com/resources>

## *National Eating Disorders Association (NEDA)*

**800-931-2237**

We can confront these serious illnesses with increased awareness, early intervention and improved access to treatment. NEDA provides programs and services to give families the support they need to find answers for these life-threatening illnesses.

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

# Information Resource

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## *National Institute on Drug Abuse (NIDA)*

**877-643-2644**

Our mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health. This involves strategically supporting and conducting basic and clinical research on drug use (including nicotine), its consequences, and the underlying neurobiological, behavioral, and social mechanisms involved.

<https://www.drugabuse.gov/>

## *National Institute of Mental Health*

The largest scientific organization in the world dedicated to research focused on the understanding and treatment of mental disorders. The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.

<http://www.nimh.nih.gov/>

## *OUTreach Resource Center*

Non-profit youth resource center for LGBTQ+ dedicated to transforming communities and saving lives through comprehensive programming, community advocacy, and training designed to promote positive outcomes for underserved populations. We provide programs and services to more than 500 youth each year, addressing the needs of underserved youth at three levels: prevention, intervention and crisis response.

<https://www.facebook.com/outreachutah/>

## *Psychology Today's Therapy Directory*

With a directory for mental health professionals in your area, this also shows therapists fees, what insurance they accept and whether they work on a sliding scale.

<http://www.psychologytoday.com/>

## *Substance Abuse and Mental Health Services Administration*

### *National Helpline: 1-800-662-4357 (HELP)*

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The organization has a tool to help locate mental health and substance abuse services.

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

# Information Resource

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## *Utah Health Department*

**801-538-6003**

We work to detect and prevent outbreaks of infectious disease, promote healthy lifestyles and safe behaviors, protect citizens from man-made and natural disasters, and provide access to health care services for Utah's most vulnerable populations.

<http://health.utah.gov/>

## *Utah Pride Center*

Utah Pride unites, empowers and celebrates Utah's diverse LGBTQ+ community by providing a safe and welcoming space for education, partnerships, services and events which advance our collective health, wellness and success.

<https://utahpridecenter.org/>

## *Youth Suicide and Self-Harm Prevention: 2017 Resource Guide*

The Children's Safety Network (CSN) has published an outstanding guide on youth suicide and self-harm prevention. It contains a wealth of information including some excellent resources.

<https://www.childrensafetynetwork.org/sites/childrensafetynetwork.org/files/SuicidePreventionResourceGuide2017.pdf>