

## **Additional Counseling Links**

### **Alcohol-Related Problems Problems**

AL-ANON/ALATEEN <http://www.al-anon.alateen.org>  
Information assisting adults and teens with alcohol-related concerns.

Alcoholics Anonymous <http://www.aa.org/>  
The teen section for the well-known 12-step program for treatment of alcoholism.

Higher Education Center for Alcohol and Other Drug Prevention <http://www.edc.org>  
Excellent resource and information site.

### **Attention Deficit Disorder**

Children and Adults with Attention Deficit Disorder <http://www.chadd.org/>  
Resource site devoted to information about ADD.

### **Community Resources**

CONTACT Community Services <http://www.contactsyracuse.org/contact>  
CONTACT Community Services offers mental health and educational programs to a wide range of individuals and organizations.

Mental Health Association of Onondaga County <http://www.mha-oc.org/>  
Several data bases including information about local Mental Health providers, programs and services.

Hope for the Bereaved <http://www.hopeforbereaved.com/>  
Support groups and services for grieving children and adults.

NYS Student Support Services Center  
Making Connections...To Increase Student Achievement

### **Depression and Suicide**

Suicide Prevention <http://www.save.org>  
Information on suicide and suicide prevention.

NIMH Depression <http://www.nimh.nih.gov/>  
Comprehensive information from the National Institute of Mental Health.

### **Eating Disorders**

National Eating Disorders Association <http://www.nationaleatingdisorders.org/>  
A comprehensive resource site regarding eating disorders.

Anred.com <http://www.anred.com>  
Informational website by Anorexia and Related Eating Disorders, Inc.

Ophelia's Place <http://www.opheliasplace.org/>  
Ophelia's Place offers support and encouragement to individuals, family and friends faced with the personal challenges and obstacles associated with eating disorders.

Bulimia Nervosa Resource Guide <http://www.bulimiaguide.org/>  
This Web site provides a one-stop comprehensive resource on bulimia nervosa for anyone who wants to understand the disorder and how to support a family member or friend with bulimia nervosa.