Stress Awareness
Health Education Program

Learning to relax

Following are online resources that can provide you with more detailed information on stress awareness and management.

National Institute of Mental Health
Phone: 1-866-615-6464
Internet address: www.nimh.nih.gov

National Women's Health Information Center
Phone: 1-800-994-9662
Internet address: www.4woman.gov/faq/stress.htm

National Mental Health Consumers' Self-Help Clearinghouse
Phone: 1-800-553-4539
Internet address: www.mhselfhelp.org

National Mental Health Information Center
Phone: 1-800-789-2647
Internet address: www.mentalhealth.org

The American Institute of Stress
Phone: 914-963-1200
Internet address: www.stress.org

American Psychiatric Association
Phone: 1-800-35-PSYCH (77924)
Internet address: www.psych.org

Anxiety Disorders Association of America
Phone: 240-485-1001
Internet address: www.adaa.org

National Alliance on Mental Illness
Phone: 1-800-950-NAMI (6264)
Internet address: www.nami.org

National Center for Posttraumatic Stress Disorder
Phone: 802-296-6300
Internet address: www.ncptsd.org

Mental Health America
Phone: 1-800-969-6642
Internet address: www.nmha.org