

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

