

Anxiety Disorders Resources

Learn More

Free Brochures and Shareable Resources

- [Generalized Anxiety Disorder \(GAD\): When Worry Gets Out of Control](#): A brochure on GAD that explains the signs, symptoms, and treatment
- [Obsessive-Compulsive Disorder: When Unwanted Thoughts Take Over](#): A brochure on OCD that explains the signs, symptoms, and treatments
- [Panic Disorder: When Fear Overwhelms](#): A brochure on panic disorder that explains the signs, symptoms, and treatments
- [Social Anxiety Disorder: More Than Just Shyness](#): This brochure discusses symptoms, causes, and treatments for social anxiety disorder (also called social phobia).
- [Shareable Resources on Anxiety Disorders](#): Help support anxiety awareness and education in your community. Use these digital resources, including graphics and messages, to spread the word about anxiety disorders.

Multimedia

- [Watch: Bullying Exerts Psychological Effects into Adulthood](#): Once considered a childhood rite of passage, bullying is no longer seen as benign. Its effects linger well into adulthood. Bullies and victims alike are at risk for psychiatric problems such as anxiety, depression, substance misuse, and suicide when they become adults, according to a study partially funded by the NIMH that was published in the April 2013 issue of *JAMA Psychiatry*.
- See: [Multimedia about Anxiety Disorders](#)

Federal Resources

- [Anxiety Disorders](#) (MedlinePlus – also en [Español](#))
- [Specific Phobias](#) (U.S. Department of Veterans Affairs)

Attention Deficit Hyper Activity Disorder Resources

Learn More

Free Booklets and Brochures

- [Attention-Deficit/Hyperactivity Disorder](#): A brochure on childhood ADHD that explains its causes, symptoms, treatments, and how parents can get help. Also available [en Español](#).
- [Could I Have Attention-Deficit/Hyperactivity Disorder \(ADHD\)?](#) A brochure on ADHD that explains causes, symptoms, treatments, and how to get help. Also available [en Español](#).

Federal Resources

- [CDC](#) offers fact sheets, infographics, and other resources about the signs, symptoms, and treatment of children with ADHD.
- MedlinePlus offers information [in English](#) and [en Español](#).

Research and Clinical Trials

- [Journal Articles](#): This webpage provides information on references and abstracts from MEDLINE/PubMed (National Library of Medicine).
- [ADHD Statistics](#): This web page provides statistics about the prevalence and treatment of ADHD among children, adolescents, and adults.

Autism Disorders Resources

Learn More

Free Brochures and Shareable Resources

- [Autism Spectrum Disorder](#): This brochure provides information about the symptoms, diagnosis, and treatment of ASD.
- [Shareable Resources on ASD](#): Help support ASD awareness and education in your community. Use these digital resources, including graphics and messages, to spread the word about ASD.

Bipolar Disorder Resources

Learn More

Free Brochures

- [Bipolar Disorder](#): A brochure on bipolar disorder that offers basic information on signs and symptoms, treatment, and finding help. Also available [en Español](#).
- [Bipolar Disorder in Children and Teens](#): A brochure on bipolar disorder in children and teens that offers basic information on signs and symptoms, treatment, and finding help. Also available [en Español](#).
- [Bipolar Disorder in Teens and Young Adults: Know the Signs](#): An infographic presenting common signs and symptoms of bipolar disorder in teens and young adults. Also available [en Español](#).

Research and Clinical Trials

- [Treatment for Bipolar Disorder in Adults: A Systematic Review](#): A review from the Agency for Healthcare Research and Quality that assesses the effectiveness of medications and other therapies for treating mania or depression symptoms and preventing relapse in adults with bipolar disorder diagnoses.
- [Bipolar Disorder Statistics](#): An NIMH webpage that provides information on the prevalence of bipolar disorder among adults and adolescents.
- [Join a Study: Bipolar Disorder – Adults](#): An NIMH webpage lists bipolar disorder clinical trials that are recruiting adults.

Depression Resources

Learn More

Free Brochures and Shareable Resources

- [Chronic Illness & Mental Health](#): This brochure discusses chronic illnesses and depression, including symptoms, health effects, treatment, and recovery.
- [Depression and Older Adults](#): Depression is not a normal part of aging. This brochure describes the signs, symptoms, and treatment options for depression in older adults.
- [Perinatal Depression](#): A brochure with information about perinatal depression including how it differs from the “baby blues”, causes, signs and symptoms, treatment options, and how you or a loved one can get help.
- [Teen Depression](#): This flier for teens describes depression and how it differs from regular sadness. It also describes symptoms, causes, and treatments, with information on getting help and coping.
- [Shareable Resources on Depression](#): Help support depression awareness and education in your community. Use these digital resources, including graphics and messages, to spread the word about depression.

Federal Resources

- [Depression: MedlinePlus](#)
- [Moms' Mental Health Matter: Depression and Anxiety Around Pregnancy](#) (National Institute of Child Health and Human Development)

Disruptive Dysregulation Disorder Resources

Learn More

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- [Moms' Mental Health Matter: Depression and Anxiety Around Pregnancy](#) (National Institute of Child Health and Human Development)

Substance Abuse and Mental Health

Learn More

Federal Resources

- [Brochures and Fact Sheets](#) on a range of alcohol-related topics from the National Institute on Alcohol Abuse and Alcoholism (NIAAA)
- [Free Resources](#) for parents and educators on drug abuse from the National Institute on Drug Abuse (NIDA)
- [Publications](#) on a range of topics, including addiction science, medical consequences, trends and statistics, and the link between drugs and HIV/AIDS from NIDA
- [Risks of Tobacco](#): Medline Plus – also en [Español](#)
- [Alcoholism and Alcohol Abuse](#): Medline Plus – also en [Español](#)

Treatment

- **Substance Abuse and Mental Health Administration (SAMHSA):**
 - SAMHSA's National Helpline: 1-800-662-HELP (4357)
 - [Online Treatment Locators](#)
- **National Institute on Drug Abuse (NIDA):**
 - [Step-by-Step Treatment Guides](#)
 - [Treatment Resources](#)
- **National Cancer Institute (NCI):**
 - [Smoking Quitline](#): 1-877-44U-QUIT (1-877-448-7848)
 - [Smokefree.gov](#)

Suicide Prevention Resources

Learn More

Free eBooks and Brochures

- [NIMH Answers Questions About Suicide](#): This fact sheet answers some common questions about suicide and suicide prevention among teens and young adults.

- [Suicide in America: Frequently Asked Questions](#): This NIMH brochure covers suicide risk in people of all genders and age groups.
- [Warning Signs of Suicide](#): This NIMH infographic presents behaviors and feelings that may be warnings signs that someone is thinking about suicide.
- [5 Action Steps for Helping Someone in Emotional Pain](#): This NIMH Infographic presents five steps for helping someone in emotional pain in order to prevent suicide.
- [Preventing Suicide](#): This Centers for Disease Control and Prevention (CDC) fact sheet highlights the public health impact of suicide and strategies to prevent suicide.

Federal Resources

- The [Suicide Prevention Resource Center \(SPRC\)](#), the only federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC is funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA).
- [Preventing Suicide: A Technical Package of Policy, Programs, and Practices](#), a CDC resource for communities and states.
- [MedlinePlus](#), information about suicide from the U.S. National Library of Medicine (NLM).
- [How to Help Someone Thinking of Suicide](#), resources from the NLM available in English, Arabic, Burmese, French, Hakha Chin, Karen, Nepali, and Swahili.
- [National Action Alliance for Suicide Prevention](#), a public-private partnership is advancing the national strategy for suicide prevention.
- [National Strategy for Suicide Prevention: Goals and Objectives for Action, 2012](#)
- [#BeThe1To](#), the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond.
- [Ask Suicide-Screening Questions \(ASQ\)](#), a free screening resource for medical settings (e.g., emergency departments, inpatient medical/surgical units, outpatient clinics/primary care) that can help nurses or physicians successfully identify youth at risk for suicide.

[Shareable Resources on Suicide Prevention](#): Help support suicide prevention awareness and education in your community. Use these digital resources from NIMH, including graphics

Coping With Traumatic Events Resources

Learn More

Free Brochures

- [Helping Children and Adolescents Cope with Disasters and Other Traumatic Events: What Parents, Rescue Workers, and the Community Can Do](#): This brochure describes common reactions to trauma and what parents, rescue workers, and the community can do to help children and adolescents cope with disasters and other traumatic events. Also available [en Español](#).
- [Post-Traumatic Stress Disorder](#): This brochure focuses on post-traumatic stress disorder (PTSD), a disorder that some people develop after experiencing a shocking, scary, or dangerous event. It explains signs and symptoms in children and adults, risk factors, treatment options, and next steps for PTSD research. Also available [en Español](#).

Disruptive Mood Dysregulation Disorder Resources

Learn More

Free Fact Sheets

- [Disruptive Mood Dysregulation Disorder: The Basics](#): This factsheet provides information about disruptive mood dysregulation disorder including a description of the condition, signs and symptoms, how it is diagnosed, treatment options, and tips for parents and caregivers.

Multimedia

- [Watch: Severe Irritability in Youth](#): Dr. Melissa Brotman, Assistant Clinical Investigator in the NIMH Emotion and Development Branch, discusses NIMH research on irritability in children.
- [Watch: Depression in Adolescents: Mechanisms and Treatment of a Global Health Concern and Mechanism-based Treatments for Irritability in Youth](#): Dr. Melissa Brotman, Assistant Clinical Investigator in the NIMH Emotion and Development Branch, describes NIMH research on treatments for DMDD. Her presentation starts at approximately minute 30 of the video.

- [**Watch: Disruptive Mood Dysregulation Disorder:**](#) Dr. Ellen Leibenluft, Senior Investigator and Chief of the NIMH Emotion and Development Branch, explains the history of Disruptive Mood Dysregulation Disorder.
- [**Watch: Irritability in Children - Dr. Ellen Leibenluft:**](#) Dr. Ellen Leibenluft, Senior Investigator and Chief of the NIMH Emotion and Development Branch, discusses research on irritability in children.
- [**Webinar: Severe Irritability and DMDD in Youth -- Dr. Kenneth Towbin:**](#) NIMH child and adolescent psychiatrist Dr. Kenneth Towbin discusses NIMH research into childhood severe irritability and disruptive mood dysregulation.

Research and Statistics

- [**ClinicalTrials.gov: Disruptive Mood Dysregulation Disorder**](#)
- [**Journal Articles:**](#) References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Join a Study: Disruptive Mood Dysregulation Disorder