

Resources

Essential PTSD Info

- **Anxiety and Depression Association of America (ADAA)** Established in 1979 as a nonprofit dedicated to the treatment and prevention of depression and anxiety disorders, the ADAA has since evolved into a leading source of mental health information worldwide. Be sure to check out the free webinars, podcasts, blogs, and community discussions located throughout this site.
- **National Institute of Mental Health (NIMH)** The NIMH is a branch of the National Institutes of Health, which is a leading government organization dedicated to research and education in the realm of public health. Follow the NIMH if you want to know the latest scientific research on PTSD.
- **PTSD Alliance** As a professional advocacy group, the PTSD Alliance relies on partnerships with other medical and mental health organizations (such as the ADAA) to help spread awareness and information about treatment options for PTSD. Consider bookmarking this site for educational information, as well as resources for treatment, self-help, advocacy, addiction, and more.
- **U.S. Department of Veterans Affairs (VA)** Aside from continuing education, check out the VA's treatment and consultation resources designed specifically for veterans and their loved ones.

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Favorite Online Support Networks

- **Anxiety and Depression Association of America (ADAA)** While still a relatively new support system, the ADAA's online group has at least 40,000 subscribers and counting. This free peer-to-peer support groups is exclusively online, so you can still connect with others going through similar struggles with PTSD without the added stress of making a meeting at a specific time.
- **The Mighty** The Mighty is known for its personal stories about chronic illnesses, disabilities, and mental illnesses, but did you know you can also engage within the community? Bookmark the PTSD page for inspirational stories, and click on "Post a Thought" or "Ask a Question" for support.

Resources for Becoming an Advocate

- **PTSD Foundation of America** Want to get involved with PTSD advocacy for yourself or a loved one who is a veteran of the Armed Forces? We like the PTSD Foundation of America for its resources on volunteer opportunities and fundraiser ideas. While you're at it, check out ways you can help sponsor a veteran or get involved in your local chapter.
- **National Alliance on Mental Illness (NAMI)** Looking to change local and federal policy to support mental health initiatives? NAMI is your best resource for how to get involved. Even if you can't make it to Capitol Hill personally, NAMI offers ideas on how to write letters, engage in your own community, and more.