

FRANK RIDGE MEMORIAL FOUNDATION, INC.

Recommended Web Sites.

I endorse the following web sites as reliable, current and accurate. These listings are updated as new information becomes available. Julie Ridge, LCSW-R, President and Founder. (last updated October, 2018)

Special Resources:

- Care options for Assisted Living: <https://www.assistedliving.org/assisted-living-options-for-people-with-disabilities>
- For individuals with disabilities and mental health issues seeking scholarships for higher learning: <https://www.goodcall.com/education/fully-accessible-guide-paying-college-students-disabilities/>
- NAMI's College Guide for Students with Psychiatric Disabilities: <http://www.bestcolleges.com/resources/college-planning-with-psychiatric-disabilities/>
- www.schools.nyc.gov is NYC's new family website to access educational resources.
- <http://projecturok.org>. Project Urok is a not-for-profit organization that shows short videos of individuals from all walks of life, with a vast array of mental health conditions, talking openly and honestly about their issues.
- For student mental health resources: <https://www.accreditedschoolsonline.org/resources/student-mental-health-resources/>

General Mental Health & Disability Issues:

- American Academy of Child and Adolescent Psychiatry (AACAP), www.aacap.org
- American Academy of Pediatrics, www.aap.org
- <https://www.ada.gov/cguide.htm> A Guide to Disability Rights.
- American Psychiatric Association, DSM-5, May 2013, www.dsm5.org
- Americans with Disabilities Act (federal law) PDF with Q & A: https://www.ada.gov/hiv/ada_q&a_aids.htm
- Brain & Behavior Research Foundation (formerly NARSAD), dedicated to research on mental illnesses, including schizophrenia, depression, bipolar, anxiety and neurodevelopmental disorders. www.bbrfoundation.org.
- Bring Change 2 Mind was founded by Glenn Close (6 time Academy Award nominee) in a national effort to end the stigma surrounding mental illness. www.bringchange2mind.org
- Centers for Disease Control and Prevention (CDC), global data collection and research. www.cdc.gov.
- Comprehensive Mental Health Services Program for Children and their Families. www.mentalhealth.samhsa.gov/cmhs/childrencampaign/ccmhs.asp
- www.drugrehab.com/co-occurring-disorder/
- Fountain House, linking lives for mental health. www.fountainhouse.org.

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- The Frank Ridge Memorial Foundation, Inc. dedicated to living well with mental health issues through awareness and understanding. Founded in 2013, by Julie Ridge in loving memory of her father, Frank Ridge.
www.frankridgememorialfoundation.org
- Mental Health America, the country's oldest and largest nonprofit dedicated to helping all people live mentally healthier lives. www.mentalhealthamerica.net.
- National Alliance on Mental Illness (NAMI). The nation's largest grassroots organization helping individuals and families affected by mental illnesses. Provides education and support programs. www.nami.org or 1800-950-6264.
- The National Institute of Mental Health (NIMH) is the largest scientific organization in the world dedicated to research focused on the understanding and treatment of mental health. www.nimh.org.
- No Kidding? Me Too! Stomping out the stigma of mental disease. Founded by Joe Pantoliano (The Sopranos, The Matrix, Memento). www.nkm2.org.
- www.siblingleadership.org provides siblings of people with disabilities with Information and Support.
- www.siblingsupport.org/sibshop is a website that assists in finding support groups for siblings of people with mental health conditions.
- www.ted.com Ideas worth spreading. This site features numerous resources and videos of renowned writers and speakers.
- nyc.gov/thriveNYC. Thrive NYC is an initiative spearheaded by Mayor Bill de Blasio and First Lady Chirlane McCray to address the impact of mental health conditions in NYC.
- The Treatment Advocacy Center is founded by Dr. E. Fuller Torrey, one of the world's foremost research psychiatrists, specializing in schizophrenia and bipolar disorder. His web site provides a plethora of global information and resources on all mental health conditions. www.treatmentadvocacycenter.org.
- U.S. Department of Veterans Affairs, www.mentalhealth.va.gov

Additional online resources by category:

anxiety, phobias and obsessive compulsive disorders (includes hoarding):

- American Academy of Child and Adolescent Psychiatry. www.aacap.org
- American Psychiatric Association. www.psych.org, www.healthyminds.org
- Anxiety and Depression Association of America. www.adaa.org
- Association for Behavioral and Cognitive Therapies. www.abct.org
- www.gotanxiety.org
- Obsessive-Compulsive Foundation, Inc. www.ocfoundation.org
- Open Forest, LLC, has numerous resources and some specifically oriented to living well with anxiety issues: <https://openforest.net/Anxiety-related-posts/>

attention-deficit/hyperactivity disorder:

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- The Child Study Center and NYU Langone: www.aboutourkids.org and www.childmind.org/en/directory/clinicians/koplewicz
- www.mayoclinic.org/diseases-conditions/adhd/
- www.nimh.org.gov
- www.schools.nyc.gov is NYC's new family website to access educational resources.

autism spectrum:

- American Speech-Language Hearing Association, making effective communication, a human right, accessible and achievable: www.asha.org/public/speech/disorders/autism/
- www.cdc.gov/actearly or 1800 CDC-INFO
- www.cdc.gov/autism
- www.cdd.gov/ncbddd/autism/facts.html
- The Child Study Center and NYU Langone: www.aboutourkids.org and www.childmind.org/en/directory/clinicians/koplewicz
- www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd/
- www.schools.nyc.gov is NYC's new family website to access educational resources.
- New York State's online autism resource: www.nyacts.com
- The Seaver Autism Center for Research and Treatment, affiliated with Mount Sinai. www.seaverautismcenter.org

bipolar, depressive and schizophrenia spectrum disorders:

- American Academy of Child & Adolescent Psychiatry, "Facts for Families, hearing voices and seeing things," May, 2012: www.aacap.org, (schizophrenia)
- American Academy of Child & Adolescent Psychiatry http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers
- American Psychiatric Association, DSM-5, May 2013: www.dsm5.org
- Anxiety and Depression Association of America: www.adaa.org
- www.thebalancedmind.org (bipolar disorder)
- www.CDC.gov
- <http://www.dbsalliance.org>
- www.depression-nyc.org
- www.gotanxiety.org
- www.jbrf.org (Juvenile Bipolar Research Foundation)
- www.NAMI.org
- www.nimh.gov
- <http://pediatricbipolar.pitt.edu/resources/risk-calculator>
- www.Suicodology.org
- www.sprc.org
- U.S. Department of Veterans Affairs, www.mentalhealth.va.gov

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- *for alternative treatment for depression with Light Lamps visit: www.verilux.com or www.NorthernLightTechnologies.com

eating disorders:

- helpline: 1-800-931-2237
- <https://www.nationaleatingdisorders.org>
- www.mayoclinic.org/diseases-conditions/anorexia/home

neurocognitive disorders (including dementia and Alzheimers)

- Alzheimer's Association: www.alz.org
- Care options for Assisted Living: <https://www.assistedliving.org/assisted-living-options-for-people-with-disabilities>
- caringkindnyc.org
- Eldercare Locator: www.eldercare.gov
- MedicalAlert at: <http://www.medicalert.org/>
- Medline Plus: www.nlm.nih.gov/medlineplus/alzheimersdisease.html
- Dementia & Sleep Disorders: <https://www.tuck.com/dementia/>

neurodevelopmental disorders (including learning and intellectual disabilities):

- <https://www.ada.gov/cguide.htm> A Guide to Disability Rights including the Americans with Disabilities Act.
- American Speech-Language Hearing Association, making effective communication, a human right, accessible and achievable: www.asha.org/public/speech/disorders/autism/
- www.cdc.gov/actearly or 1800 CDC-INFO
- www.chadd.org Children and Adults with AD/HD; provides information including public policy, legal rights, current research and answers to common questions.
- The Child Study Center and NYU Langone: www.aboutourkids.org and www.childmind.org/en/directory/clinicians/koplewicz
- DisabilityInfo.gov is the comprehensive Federal website of disability-related government resources.
- www.dyslexia.yale.edu
- ed.gov is the website of the U.S. Department of Education. This site has information for parents, students, teachers, and administrators.
- www.schools.nyc.gov is NYC's new family website to access educational resources.
- [HEATH Resource Center of The George Washington University Graduate School of Education and Human Development](http://HEATHResourceCenter.org) is the national clearinghouse on postsecondary education for individuals with disabilities.
- Learning Disabilities Association of America: <https://ldaamerica.org/types-of-learning-disabilities>.

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- www.nclld.org The National Center for Learning Disabilities; provides descriptions of learning disabilities and processing deficits, how to seek help and more.
- www.parentcenterhub.org The Center for Parent Information & Resources features research based information on special education and related topics for parents and professionals.

substance use and addictive disorders:

- www.drugabuse.gov/publications/principles-drug-abuse-treatment-criminal-justice-populations/principles
- <https://www.drugrehab.com/co-occurring-disorder/> a website for multiple resources regarding dual diagnosis and treatment.
- To find dual diagnosis treatment centers go to: <https://www.drugtreatmentcenterfinder.com/mental-health-treatment-center/>
- Monitoring the Future surveys: <http://monitoringthefuture.org>
- NADCP. National Association of Drug Court Professionals. www.nadcp.org
- National Institute on Alcohol Abuse and Alcoholism (NIAAA): www.niaaa.nih.gov/
- National Institute on Drug Abuse (NIDA): www.drugabuse.gov
- National Institute on Drug Abuse (NIDA), "[DrugFacts: Understanding Drug Abuse and Addiction.](#)" revised September 2017.
- National Institute on Mental Health (NIMH): www.nimh.gov
- New York State Office of Alcoholism and Substance Abuse Services: <http://oasas.ny.gov>
- New York State regulations on medical marijuana: https://www.health.ny.gov/regulations/medical_marijuana
- Substance Abuse and Mental Health Services Administration (SAMHSA) www.samhsa.gov.
- To find publicly funded treatment centers in your state, call 1-800-662-HELP or visit: <https://findtreatment.samhsa.gov/>

suicide prevention:

- American Foundation for Suicide Prevention at: www.afsp.org
- Centers for Disease Control and Prevention: www.CDC.gov/violenceprevention
- livethroughthis.org is a series of portraits and true stories of suicide attempt survivors. Its mission is to change public attitudes about suicide for the better; to reduce prejudice and discrimination against attempt survivors; to provide comfort to those experiencing suicidality by letting them know that they're not alone and tomorrow is possible; and to be used as a teaching tool.
- National Institute for Mental Health: www.nimh.nih.gov
- Preventing Suicide: A Global Imperative at: www.who.int/mental_health/suicide-prevention/world_report_2014/en/en

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- Substance Abuse and Mental Health Services Administration:
www.samhsa.gov
- Suicide Prevention Resource Center at: www.sprc.org
- American Association of Suicidology: www.Suicodology.org

tourette's disorder:

- <http://www.ninds.nih.gov>
- <http://www.tsa-usa.org>
- www.tourette.org

trauma and stressor related disorders (including post-traumatic stress PTSD, and attachment disorders):

- **New York City's 24 Hour Domestic Violence Hotline: 1-800-621-HOPE (4673).**
- Anxiety Disorders Association of America (ADAA) informs the public, healthcare professionals and legislators that anxiety disorders are real, serious and treatable. The ADAA promotes early diagnosis and treatment of anxiety disorders, and works to improve the lives of the people who suffer from them.
<http://www.adaa.org>
- Center on the Developing Child at Harvard University, Key Concepts Resilience,
<http://developingchild.harvard.edu/science/key-concepts/resilience/>
- Centers for Disease Control and Prevention. email: cdcinfo@cdc.gov. website:
<http://www.cdc.gov> and search for PTSD.
- Understanding the Facts, PTSD and anxiety and depression: www.adaa.org.
- Mayo Clinic: <http://www.mayoclinic.org> and search PTSD.
- The Family Wellness Program at The Children's Aid Society
www.childrensaidsociety.org supports families affected by domestic violence and abuse: 212- 503-6842
- National Center for Post-Traumatic Stress Disorder (NCPTSD) is part of the U.S. Department of Veterans Affairs. They work to improve the clinical care and social welfare of America's veterans through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders. NCPTSD works with many different agencies and groups including veterans and their families, government policymakers, scientists and researchers, doctors and psychiatrists, journalists, and the public. This website is provided as an educational resource concerning PTSD and other consequences of traumatic stress. www.ptsd.va.gov
- National Child Traumatic Stress Network (NCTSN), <http://www.netsnet.org/>.
- National Institute on Mental Health (NIMH) is responsible for research on mental health and mental disorders, including research on the mental health consequences of and interventions after disasters and acts of mass violence.
<http://www.nimh.nih.gov/> or www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd

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- Office for Victims of Crime in the Department of Justice provides a variety of resources for victims of crime in the U.S. and internationally, <http://ojp.gov/ovc/>.
- Posttraumatic Stress Disorder (PTSD) Alliance is an alliance of professional and advocacy organizations that provide educational resources to individuals diagnosed with PTSD and their loved ones; those at risk for developing PTSD; and medical, healthcare and other professionals. <http://www.ptsdalliance.org/> (877) 507-PTSD.
- Substance Abuse and Mental Health Services Administration, SAMHSA, www.samhsa.gov/disorders/mental
- www.veteransandptsd.com/PTSD-statistics.html
- PTSD: National Center for PTSD home page. <http://www.ptsd.va.gov/>
- PTSD United, www.ptsdunited.org/ptsd.statistics