

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 December 2023)

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-NYC metro: NAMI helps families and individuals affected by mental illness build better lives through education, support, and advocacy. Helpline: 212-684-3264. www.naminycmetro.org
- 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.
- 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

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- 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.gov.
- 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.
- Thrive NYC's website with specialized trainings and downloadable resources on numerous mental and medical health issues: nyc.gov/mhfa
- 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.
- The Treatment Advocacy Center's 12 minute video Mental Illness on Trial: <https://vimeo.com/124971179>
- 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:

- 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

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- www.schools.nyc.gov is NYC's new family website to access educational resources.

autism spectrum:

- For more information and/or assistance regarding specific developmental disabilities, contact the NYS Office for People with Developmental Disabilities (OPWDD): 866-946-9733 or www.opwdd.ny.gov. For information about higher learning opportunities access the 'Resource' pulldown tab at: BestColleges.com for College Guides for Students with Learning and Psychiatric Disabilities.
- American Speech-Language Hearing Association, making effective communication, a human right, accessible and achievable: www.asha.org/public/speech/disorders/autism/
- Autism Network International (ANI), <http://www.autismnetworkinternational.org>
- Autism Research Institute (ARI), <http://www.autismresearchinstitute.com>
- Autism Society of America, <http://www.autism-society.org>
- 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
- National Institute of Child Health and Human Development (NICHD), <http://www.nichd.nih.gov>
- 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

TED TALK:

- Temple Grandin, "The world needs all kinds of minds," TED2010: bit.ly/SN_Grandin.

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
- NAMI-NYC metro: NAMI helps families and individuals affected by mental illness build better lives through education, support, and advocacy. Helpline: 212-684-3264. www.naminycmetro.org

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- NAMI's College Guide for Students with Psychiatric Disabilities: <http://www.bestcolleges.com/resources/college-planning-with-psychiatric-disabilities/>
- www.nimh.gov
- <http://pediatricbipolar.pitt.edu/resources/risk-calculator>
- <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.
- www.Suicodology.org
- www.sprc.org
- U.S. Department of Veterans Affairs, www.mentalhealth.va.gov
- *for alternative treatment for depression with Light Lamps visit: www.verilux.com or www.NorthernLightTechnologies.com

dissociative disorders (includes dissociative identity disorder - formerly known as split or multiple personality disorder):

- Mosaic Minds, a site with multiple resources for people affected by DID, <http://www.mosaicminds.org/>
- Psychology Today, <https://www.psychologytoday.com/us/conditions/dissociative-identity-disorder-multiple-personality-disorder>

eating disorders:

- ASDAH.org
- Eating Disorder Hope: www.eatingdisorderhope.com
- Helpline: 1-800-931-2237
- Mayo Clinic: www.mayoclinic.org/diseases-conditions/anorexia/home
- Mirror Mirror: www.mirror-mirror.org
- National Association of Anorexia Nervosa & Associated Disorders: www.anad.org
- National Eating Disorders Association: <https://www.nationaleatingdisorders.org>
- National Institute of Mental Health (NIMH) Eating Disorders: <https://www.nimh.nih.gov/health/statistics/eating-disorders>
- Renfrew Treatment Center: <http://renfrewcenter.com> for information or call 1-800-RENFREW

justice reform:

- Equal Justice Initiative (EJI), founded by Bryan Stevenson: <https://eji.org/>
- The Fortune Society, building people, not prisons. The Fortune Society's mission is to support reentry from incarceration and promote alternatives to incarceration, in an effort to strengthen the fabric of our communities. <https://fortunesociety.org/>
- The Osborne Association works in partnerships with individuals, families and communities to create opportunities for people affected by the criminal justice system. Programs range from alternatives to incarceration, advocacy during incarceration, integration back into the community post incarceration, and legislative change. <http://www.osborneny.org/about/>

LGBTQ:

- Human Rights Campaign: hrc.org

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- Gay & Lesbian Alliance Against Defamation: www.glaad.org
- Lambda Legal: www.lambdalegal.org
- PFLAG founded in 1973, the first and largest organization for lesbian, gay, bisexual, transgender and queer people, their parents, families, and allies: pflag.org
- Trans Youth Equality Foundation: transyouthequality.org
- The Trevor Project. TrevorLifeline: 866-488-7386 the trevorproject.org
- Trans Lifeline. US: 877-565-8860

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
- Clinical trials: https://alz.org/alzheimers-dementia/research_progress/clinical-trials
- Dementia & Sleep Disorders: <https://www.tuck.com/dementia/>
- Eldercare Locator: www.eldercare.gov
- Lewy Body Dementia Association: LBDA.org
- MedicalAlert at: <http://www.medicalert.org/>
- Medline Plus: www.nlm.nih.gov/medlineplus/alzheimersdisease.html
- NIH National Institute on Aging: <https://www.nia.nih.gov/health/alzheimers-disease-fact-sheet>

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://HEATH.Resource.Center.of.The.George.Washington.University.Graduate.School.of.Education.and.Human.Development) is the national clearinghouse on postsecondary education for individuals with disabilities.
- Learning Disabilities Association of America: <https://ldaamerica.org/types-of-learning-disabilities>.
- www.ncld.org The National Center for Learning Disabilities; provides descriptions of learning disabilities and processing deficits, how to seek help and more.

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- www.parentcenterhub.org The Center for Parent Information & Resources features research based information on special education and related topics for parents and professionals.

obsessive compulsive disorders:

- 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 (ADAA), *Obsessive-Compulsive Disorder (OCD)*, <https://adaa.org/obsessive-compulsive-disorder>
- Anxiety and Depression Association of America (ADAA): www.adaa.org
- Association for Behavioral and Cognitive Therapies. www.abct.org
- www.gotanxiety.org
- The International OCD Foundation: <https://iocdf.org>
- National Institute of Mental Health - Obsessive-Compulsive Disorder: <https://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd>
- Obsessive-Compulsive Foundation, Inc. www.ocfoundation.org
- Obsessive-Compulsive Disorder Facts and Statistics: <https://vertavahealth.com/mental-health/ocd/facts/>
- Open Forest, LLC, has numerous resources and some specifically oriented to living well with anxiety issues: <https://openforest.net/Anxiety-related-posts/>

sleep disorders:

- Dementia & Sleep Disorders: <https://www.tuck.com/dementia/>

substance use and addictive disorders:

- The Addictions Center: <https://americanaddictioncenters.org/rehab-guide/addiction-statistics>
- Al-anon and Alateen: www.al-anon.org and www.anon.org/alateen
- Alcoholics Anonymous: www.aa.org
- www.CASAFamilyDay.org
- American Society of Addiction medicine: <http://www.asam.org>
- 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.
- Dual Diagnosis Treatment Centers: <https://www.drugtreatmentcenterfinder.com/mental-health-treatment-center/>
- Hazelden: <http://www.hazelden.org>
- KCI, the Anti-Meth Site: <http://www.kci.org>
- Monitoring the Future surveys: <http://monitoringthefuture.org>
- Nar-Anon: www.nar-anon.org
- Narcotics Anonymous: www.na.org
- National Association for Children of Alcoholics (NACoA): www.nacoa.org
- National Institute on Drug Abuse for Teens: teens.drugabuse.gov
- NADCP. National Association of Drug Court Professionals. www.nadcp.org
- National Institute on Alcohol Abuse and Alcoholism (NIAAA): www.niaaa.nih.gov/

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- National Institute on Drug Abuse (NIDA): www.drugabuse.gov or www.nida.nih.gov
- National Institute on Drug Abuse (NIDA) for Teens: <http://teens.drugabuse.gov>
- National Institute of Health (NIH): www.niaaa.nih.gov
- 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
- Partnership for a Drug Free America: <https://www.drugfree.org>
- The Partnership for Drug Free Kids: drugfree.org
- For Rehab resources go to: help.org or <https://rehab.help.org/rehabs/new-york-state/>
- 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/>
- UCLA Integrated Substance Abuse Programs: <http://www.uclaisap.org>

suicide prevention:

- 1-800-SUICIDE
- American Association of Suicidology: www.Suicidology.org
- American Foundation for Suicide Prevention at: www.afsp.org
- Centers for Disease Control and Prevention: www.CDC.gov/violenceprevention
- CDC: www.cdc.gov/vitalsigns
- 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
- National Suicide Hotline, (800) 273-TALK
- [Preventing Suicide: A Global Imperative at: www.who.int/mental_health/suicide-prevention/world_report_2014/en/en](http://www.who.int/mental_health/suicide-prevention/world_report_2014/en/en)
- Substance Abuse and Mental Health Services Administration: www.samhsa.gov
- Suicide Prevention Resource Center at: www.sprc.org
- The Trevor Helpline for LGBT youth: 866-4-U-TREVOR (866-488-7386)

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).
- Adverse Childhood Experiences Survey: www.acesurvey.org

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- 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.
- The Family Wellness Program at The Children's Aid Society www.childrensaidsociety.org supports families affected by domestic violence and abuse: 212- 503-6842
- Mayo Clinic: <http://www.mayoclinic.org> and search PTSD.
- 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
- The National Child Traumatic Stress Network: www.nctsn.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
- Newsong Recovery: <https://newsongrecovery.com/post-traumatic-stress-disorder/>
- 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.
- PTSD in Military Veterans: <https://socal.sunrisemh.com/ptsd-in-military-veterans/>.
- 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