ANXIETY

Anxiety and Depression Association of America
www.adaa.org

Mayo Clinic
www.mayoClinic.org
HelpGuide.Org
www.helpguide.org/articles/anxiety

Centre for Clinical Interventions

The Children's and Adult Center for OCD and Anxiety
http://www.worrywisekids.org/node/24
Cognitive Behavior Associates Beverly Hills
Flora Zaken-Greenberg, Ph.D.
435 N. Bedford Dr. #407
Beverly Hills, CA 90210
310-858-3831 Ext. 102

AUTISM

Autism Society of America
www.autismsociety.org

Autism Speaks
https://www.autismspeaks.org/

Center for Autism and Related Disorders
www.centerforautism.com

Autism Research Institute
www.autism.com

National Autism Association
www.nationalautismassociation.org

Career Assistance for People with Autism
www.hloom.com

National Center for Autism Resources & Education
www.autismnationalresources.org

AutismNOW
www.autismnow.org
Autism Page 2

US Department of Health and Human Services
www.healthfinder.gov

Autism Service Dogs, Leash-On-Life
tenderlovingcanines.org/autism-service-dogs/

Autism & Addiction: Coping with & Treating Your Dual Diagnosis
www.iaddiction.com/addiction/autism

Autism Resources for Families
nationalautismcenter.org/resources/for-families/

Sesame Street Autism Resources for Parents
autism.sesamestreet.org/

Reduce the Noise: Help Loved ones with Sensory Overload Enjoy shopping
retailmenot.com/blog/

CDC Autism Links & Resources
cdc.gov/ncbddd/autism/links.html

Operation Autism for Military Families
operationautismonline.org/

Academic Accommodation Resources
washington.edu/doit/accommodation

Temple Grandin’s Teaching Tips
iidc.indiana.edu/?pagId=601

Estate Planning for Parents of Kids with Autism
justgreatlawyers.com/estate

Guide to Living With Sensory Overload
BIPOLAR DISORDER

Mayo Clinic
www.mayoclinic.org/diseases-conditions/bipolar

National Institute for Mental Health
www.nimh.nih.gov/health/topics/bipolar
SENIORS AND AGING

National Association of Area Agencies on Aging
www.n4a.org

Psychology Today
www.psychologytoday.com/search/site/aging

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www.redfin.com/blog/

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Depression in the Elderly: 7 Ways to Help
health.com/health/gallery/

Guide to Addiction Prevention for Seniors
newbeginningsdrugrehab.org

Finding a Family: Discovering Your Queer Community When You're 65
mashable.com

Recognizing & Treating Depression: A Guide for the Elderly & Their Caregivers
c-online.net/knowledge/articles/

Rehab & Medicare: The Ultimate Guide to Addiction Treatment for Seniors
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COLLEGE AND CAREER GUIDANCE

College Career Life Planning  
www.collegecareerlifeplanning.com

Occupational Outlook Quarterly  
www.bls.gov/opub.ooq/home/htm

Dictionary of Occupational Titles  
www.occupationalinfo.org
Cognitive Behavior Associates Beverly Hills
Flora Zaken-Greenberg, Ph.D.
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DEPRESSION

Psych Central
www.psychcentral.com

Depression Center
www.webmd.com/depression

HelpGuide.Org
www.helpguide.org/home-pages/depression.htm

Psychology Today
Cognitive Behavior Associates Beverly Hills
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DISABILITIES
Learning Disability Association of America
www.ldanatl.org

National Center for Learning Disabilities
www.ncld.org

Learning Disabilities OnLine
www.ldonline.org

Business Ideas for People with Disabilities
www.commercialcapitaltraining.com

Rental Housing Rights For Disabled Tenants
civilrights.findlaw.com

Moving with Seniors and People with Disabilities
www.sparefoot.com
MARRIED LIFE

American Association for Marriage and Family
www.aamft.org

Reader's Digest
www.rd.com/slideshows/happy-marriage/
HEALTHY LIVING

HealthGuide.Org
www.helpguide.org/home-pages/exercise-fitness.htm

100 Free Recipes
www.janwww.januvia.comuvia.com

Additional Recipes
http://www.mayoclinic.com/health/healthyrecipes/RecipeIndex

Diabetes In A New Light: Paula Dean Adopted Recipes
http://registration.diabetesinanewlight.com
Recipes for Healthy Living

Strawberry and Cream Cheese Crepes
1/4 cup skim or part skim milk ricotta cheese
2 large eggs
2 tbsp of Splenda
1/2 teaspoon cinnamon (optional)
1/2 teaspoon vanilla extract (no sugar added)
Butter flavored Cooking Spray (i.e. Pam)
1/2 cup chopped fresh strawberries
4 whole strawberries, for garnish
1/4 cup fat free cream cheese

Hard Boiled Eggs
keep in the refrigerator.
Peel and enjoy.

Turkey or Chicken Breast Sandwich Lettuce Roll Up
2 clean leaves of Romaine Lettuce
3 slices of lean sliced turkey or chicken breast
Mustard or Low Fat Mayonnaise
Place 1 1/2 slices of meat on each leaf, add the mayonnaise or mustard and roll up.

Grapes & Yogurt
Take any low fat yogurt and mix in about 12 grapes.

Turkey & Cheese
1 low fat cheese stick
1 slice of turkey
Wrap the slice of turkey around the cheese stick for a filling snack full of protein.

Turkey or Ham Pita Pockets
Whole wheat Pita cut in half (can substitute whole grain wrap).
Put in 2 slices of turkey or ham
Put in some chopped veggies
Add some hummus or salad dressing and enjoy.

Peanut Butter & Jelly Pita Pockets or Wraps
Whole wheat Pita cut in half (can substitute whole grain wrap).
Sugar free peanut butter (many grocery stores now make their own).
Sugar free jelly or jam
Spread one tablespoon of peanut butter on one side
Spread one teaspoon of jelly on the other side
If it is a wrap, roll it up. If it is a pita, just close and enjoy.
Strawberry Daiquiri
Place frozen strawberries in blender
Add Tropicana Sugar Free Orangeade (1/2 can)
3 Tbsp Lime Juice (with no added sugar)
10 packets of Splenda (may adjust to taste)

Frozen Yogurt
Take your favorite low fat, reduced sugar yogurt and freeze it overnight. Leave it out for five minutes before ready to eat and enjoy.

Apples & Peanut Butter
2 tbsp of natural, sugar free peanut butter
1 medium apple, sliced
Place some peanut butter on each apple slice and enjoy!

Frozen Grapes
Seedless green or red grapes
Place in the freezer and enjoy, about 16 grapes.

Cheesy Celery Sticks
3 or 4 clean and washed celery sticks
1 or 2 wedges of Laughing Cow Cheese
10-12 raisins
Spread Laughing Cow Cheese spread into a celery stick, put the raisins across the top.

Sugar Free Apple Sauce

Carrots & Hummus

Veggie Pita Pockets
Whole wheat Pita cut in half (can substitute whole grain wrap).
Put in some chopped veggies
Add some hummus or salad dressing and crunch away.

Low Fat Pudding Cups with raisins or granola sprinkled in.
SCHIZOPHRENIA

www.schizophrenia.com

The Schizophrenia & Related Disorders Alliance National Alliance on Mental Illness
www.sardaa.org
ATTENTION DEFICIT HYPERACTIVITY DISORDER

Attention Deficit Disorder Association
www.add.org

Attention Deficit Resources
www.addresources.org

Russell A. Barkley
www.RussellBarkley.org

Creating the Optimal Living Environment for a Child with ADHD
www.homeadvisor.com/

ADHD & Addiction- What is the Risk?
www.discoveryplace.info/adhd

Creating the Optimal Living Environment for a Child with ADHD
homeadvisor.com

Helping Your Teen Navigate ADHD on His Own Terms
additudemag.com/adhd

Is it Old Age or ADHD?
well.blogs.nytimes.com/2015

How Dogs can Help People with ADHD&ADD
rover.com/blog/dogs

10 common Challenges & Best Practices for Teaching Students with ADHD
scholastic.com/teachers/article/

ADHD & Addiction- What is the Risk?
discoveryplace.info/adhd

How to Manage Employees with ADD/ADHD
forbes.com/sites/
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TRAUMA

American Psychological Association
http://www.apa.org/topics/trauma/

Trauma Psychology Today
www.psychologytoday.com/basics/trauma

Child Trauma Academy
SUICIDE PREVENTION

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org

National Institute of Mental Health
www.nimh.nih.gov/health/topics/suicide-prevention

American Foundation for Suicide Prevention
www.afsp.org

HelpGuide.Org
www.helpguide.org/home-pages/suicide-prevention.htm

How to cope with Suicidal Thoughts & Feelings
www.Healingfromdepression.com

Anger, Depression & Disability: Adapting to a New Reality
gJGoodtGoodtherapy.org/blog

The Guide to Rebuilding Bridges with Your Loved Ones After Battling Addiction
addictioncampuses.com

Earlier Than Too Late: Stopping Stress & Suicide Among Emergency Personnel
emsworld.com/article

Teens & Peer Suicide: Dangerous Potential After-Effects
everydayhealth.com/

After a Suicide Attempt: A Guide for Family & Friends
torontodistresscentre.com/sites

Left Behind After Suicide
health.harvard.edu/newsletter
BORDERLINE PERSONALITY DISORDER

National Institute of Mental Health

National Education Alliance Borderline Personality Disorder
www.borderlinepersonalitydisorder.com/
ATTENTION DEFICIT HYPERACTIVITY DISORDER

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well.blogs.nytimes.com/2015

How Dogs can Help People with ADHD&ADD
rover.com/blog/dogs

10 common Challenges & Best Practices for Teaching Students with ADHD
scholastic.com/teachers/article/

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How to Manage Employees with ADD/ADHD
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SUICIDE PREVENTION

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www.suicidepreventionlifeline.org

National Institute of Mental Health
www.nimh.nih.gov/health/topics/suicide-prevention

American Foundation for Suicide Prevention
www.afsp.org

HelpGuide.Org
www.helpguide.org/home-pages/suicide-prevention.htm

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goodtherapy.org/blog

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PARENTING

Today Parents
www.today.com/parents/secrets-healthy-marriage-kids-1D80245233

American Academy of Pediatrics
www.healthychildren.org/English/Pages/default.aspx

Boys Town
www.boystown.org/parenting/guides

US National Library of Medicine

12 Ways to Help to Help a Teen Handle the Emotional Challenges of Moving
redfin.com/blog
BIPOLAR DISORDER

Mayo Clinic
www.mayoclinic.org/diseases-conditions/bipolar

National Institute for Mental Health
www.nimh.nih.gov/health/topics/bipolar
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SENIORS AND AGING

National Association of Area Agencies on Aging  
www.n4a.org

Psychology Today  
www.psychologytoday.com/search/site/aging

Aging at Home: Common Problems & Solutions  
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mashable.com

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ec-online.net/knowledge/articles/

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discoveryplace.info/rehab-medicare-ultimate-guide
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Depression Center
www.webmd.com/depression

HelpGuide.Org
www.helpguide.org/home-pages/depression.htm

Psychology Today
www.psychologytoday.com/search/site/depression

Understanding & Accepting Depression
fredonia.edu/counseling

10 Things People with Depression Want You to Know
young.scot/information

7 Ways to Deal with People Who Don't Understand Depression
everydayhealth.com
DISABILITIES

Learning Disability Association of America
www.ldanatl.org

National Center for Learning Disabilities
www.ncld.org

Learning Disabilities OnLine
www.ldonline.org

Business Ideas for People with Disabilities
www.commercialcapitaltraining.com

Rental Housing Rights For Disabled Tenants
civilrights.findlaw.com

Moving with Seniors and People with Disabilities
www.sparefoot.com
PARENTING

Today Parents
www.today.com/parents/secrets-healthy-marriage-kids-1D80245233

American Academy of Pediatrics
www.healthychildren.org/English/Pages/default.aspx

Boys Town
www.boystown.org/parenting/guides

US National Library of Medicine

12 Ways to Help to Help a Teen Handle the Emotional Challenges of Moving
redfin.com/blog
SELECTIVE MUTISM

Selective Mutism Foundation
http://www.selectivemutismfoundation.org

Selective Mutism Factsheet for schools and parents
ADDICTION

Alcohol Awareness Council
http://drugabuse.com/usa/drug-abuse/clearwater-fl/
http://www.treatment4addiction.com/rehab/florida/clearwater/
www.addictioncenter.com/rehabs/florida/

Addiction Resources
addictionresource.com

Heathcare/ Addiction
healthfinder.gov

Quit Smoking
quitsmokingcommunity.org

Lung Cancer due to Smoking
https://www.drugwatch.com/lung-cancer/

Tobacco Death Provention
https://www.drugwatch.com/tobacco/

Addiction as a Disease: Understanding the Disease Model
discoveryplace.info/signs

African Americans & Substance Abuse: Addressing Mental Health Issues Before Addiction Takes Control
rehabcenterreviews.com/

Discrimination & Addiction: How to Overcome Prejudice Without Relying on Drugs or Alcohol
treehouserehab.org/
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How Mental Illness & Addiction Influence Each Other
everydayhealth.com/addiction

Comorbidity: Addiction & Other Mental Illnesses
drugabuse.gov/sites/

The Best Things Parents Can Do to Prevent Teenage Drinking
elementsbehavioralhealth.com/adolescent

The Dangers of Drinking & Driving
quitalkohol.com/

Sober Times
soberetimes.com/
SPECIAL NEEDS CHILDREN

The guide to securing Life-long Accommodations for Adult Children with Special Needs
www.redfin.com/blog/2016

Supports, Modifications & Accommodations for Students with Disabilities
www.parentcenterhub.org

Teaching Your Child about Peers with Special Needs
www.care.com/a/teaching-your-child-about-peers

20 Incredible Colleges for Students with Special Needs
www.bestcollegesonline.com/blog
PTSD

After the Battle: 7 Health Problems Facing Veterans
livescience.com/

National Alliance on Mental Health
https://www.nami.org/Learn-More/Mental-Health-Conditions/Posttraumatic-Stress-Disorder/Support
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10 Misleading Assumptions About Mental Illness: Learn the Truth
talkspace.com/blog

15 Ways to Support a Loved one with Serious Mental Illness
psychcentral.com

Talking to Others About Your Mental Illness
healthyplace.com/blogs

Supporting a Family Member with Serious Mental Illness
apa.org/helpcenter

What Many People Don't Get About Mental Illness
psychcentral.com/blog

Teen Drugs Abuse: The Facts & Statistics
medicinenet.com/teen

Reaching Out for Support When You Have a Mental Illness
the-orbit.net/brutereason
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OCD

Obsessive-Compulsive Disorder & Addiction: Identifying & Treating Your Dual Diagnosis
addictioncampuses.com

Peace of Mind Foundation
https://peaceofmind.com/resources/ocd-resources/