

## *Resources*

### *Addiction*

[A.A.](#)

[On-line aa mtgs.](#)

[Center for On-Line Addiction](#)

[SAMHSA's Substance Abuse/ Addiction](#)

[Web of Addictions](#)

### *Anxiety Disorders*

[What to do about Panic Disorders](#)

[National Center for PTSD](#)

[Mayo Clinic-Obsessive-Compulsive Disorder](#)

[International OCD Foundation](#)

[Helping Someone With PTSD](#)

### *Attention Deficit Hyperactivity*

[Attention Deficit Disorder Ass.](#)

[Born to Explore- The other side of ADD/ ADHD](#)

[Out of The Fog- Learning How to live With Personality Disorder](#)

[National Domestic Violence Abuse Hotline](#)

[Suicide Prevention](#)

[Anxiety and Depression Help Group](#)

[Depression and How Therapy can help](#)

[Good Therapy Directory](#)

[Psychology Today](#)

[Mindfulness](#)

[UCLA Mindfulness Resource Center](#)

[calmclinic.com](#)

[WebMD](#)

[CDC](#)

[hbr-emotional-intelligence](#)

[hbr-guide-to-work-life-balance](#)

[New Yorker daily cartoon](#)