



MASSACHUSETTS
GENERAL HOSPITAL

MENTAL HEALTH RESOURCE GUIDE

MADI
RESOURCE CENTER
Mood & Anxiety Disorders
INSTITUTE

Boston, Massachusetts
(617) 724-8318

www.moodandanxiety.org

www.schoolpsychiatry.org



DEPARTMENT OF
PSYCHIATRY

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VISIT OUR MENTAL HEALTH WEB SITES

www.moodandanxiety.org – a guide to mental health resources in the United States and Massachusetts

- Information about anxiety, depression, bipolar disorder, and attention-deficit/hyperactivity disorder in adults and young people
- Links to mental health organizations, family support programs and services, treatment centers, and advocacy assistance across the United States and in Massachusetts
- Links to support and psychotherapy groups
- Free online viewing of researchers and clinicians from Massachusetts General Hospital speaking on a wide range of mental health and wellness topics

www.schoolpsychiatry.org – a guide to child and adolescent mental health, created by and for parents, teachers, and clinicians

- Information about anxiety, depression, bipolar disorder, attention-deficit/hyperactivity disorder and autism spectrum disorders in children and adolescents
- Online access to dozens of the most effective screening tools and rating scales to aid in assessment of school-age children
- Guide to the process for assessing the educational needs of students who have mental health conditions
- Recommended interventions for home and the classroom
- Treatment options including counseling and medication

Schoolpsychiatry.org is a joint project of the School Psychiatry Program and the Mood & Anxiety Disorders Institute (MADI) Resource Center in the Department of Psychiatry at Massachusetts General Hospital.



FOREWORD

Are you looking for information about mental health? It's easy to feel overwhelmed when sifting through material from the countless available sources, and it's hard to figure out what information you can trust. We created this guide to help you easily locate information that is relevant, trustworthy, and useful.

Who should use this guide? Anyone affected by an anxiety disorder, depression, bipolar disorder (manic depression), attention deficit/hyperactivity disorder, or a mood disorder associated with the female reproductive cycle.

What is the purpose of the guide? To direct you to quality mental health information that can help you better understand mental health conditions of your own or your loved ones, and to help you locate treatment and support. The guide covers:

- Common mental health conditions. Learn about mood, anxiety, and attentional disorders in adults and young people.
- Treatment, support, and services. Find organizations that provide mental health treatment, support services, special education resources, and opportunities to participate in research studies.
- Recommended resources. Find links to high quality sources of mental health information and resources.
- Finding in-depth information. Locate consumer libraries/resource centers in the Boston, Massachusetts area, and view online videos by leading mental health researchers.

Who created the guide? The Mood & Anxiety Disorders Institute (MADI) Resource Center of the Massachusetts General Hospital Department of Psychiatry. The content for this guide and the suggested resources draw on the Department's extensive expertise in mental health care, research, and education. Clinicians nation-wide have ranked the Massachusetts General Hospital Department of Psychiatry #1 among hospital departments of psychiatry since 1996 (*US News & World Report*).

If you or someone you care about has a mood or anxiety disorder, you are not alone. These conditions affect tens of millions of people in the United States. With proper treatment and support, people with mood and anxiety disorders can live satisfying and productive lives. We hope this guide helps you find support for the journey toward wellness. For more information, contact us at (617) 724-8318 or moodandanxiety@partners.org.

Sincerely yours,

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HOW MANY PEOPLE ARE AFFECTED?

Mood and anxiety disorders are more common than you might think

- An estimated 26 percent of American adults – about 1 in 4 – suffer from a diagnosable psychiatric disorder in a given year. Six percent have severe, disabling disorders.
- About 18.8 million American adults – or 9.5 percent of the U.S. adult population – have a depressive disorder in a given year.*
- About 19.1 million American adults ages 18-54 – or 13.3 percent of the U.S. population in this age group – have an anxiety disorder in a given year.**

Mood and anxiety disorders are a leading cause of disability

- Four of the 10 leading causes of disability in the U.S. and other developed countries are psychiatric disorders – major depression, bipolar disorder, schizophrenia, and obsessive-compulsive disorder.
- Major depression is the leading cause of disability in the U.S. and established market economies worldwide.
- Untreated mental health disorders can become more severe conditions that are harder to treat, and may lead to the development of co-occurring mental illnesses.

Gender differences can be found in some mood and anxiety disorders

- Nearly twice as many women (12 percent) as men (6.6 percent) are affected by a depressive disorder each year (although an equal number of men and women suffer from bipolar disorder).
- Women are more likely than men to have an anxiety disorder.
- Four times as many men as women die by suicide; however, women attempt suicide 2-3 times as often as men.

Mood and anxiety disorders often begin in childhood and persist into adulthood

- An estimated 13 percent of children and adolescents in the U.S. have an anxiety disorder in a 6-month period. At least 6 percent of children and adolescents in the U.S. are estimated to suffer from a depressive disorder in a 6-month period.
- Half of all lifetime cases of mental illness begin by age 14; three quarters begin by age 24.

Suicide is often tied to mood disorders and is a leading cause of untimely death in young people

- More than 90 percent of people who take their own lives have a diagnosable psychiatric disorder, commonly a depressive disorder or a substance abuse disorder.
- In 1999, suicide was the third leading cause of death among 15-24 year olds and the fourth leading cause of death among 10-14 year olds.

Sources: U.S. National Institute of Mental Health, American Academy of Child & Adolescent Psychiatry

*Depressive disorders included in this figure: major depression, dysthymic disorder, and bipolar disorder.

**Anxiety disorders included in this figure: panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, generalized anxiety disorder, and phobias (social phobia, agoraphobia, and specific phobia).

CONTENTS

COMMON MENTAL HEALTH CONDITIONS.....	1
Depression.....	1
Bipolar Disorder (Manic Depression).....	2
Anxiety Disorders.....	4
Generalized Anxiety Disorder (GAD).....	5
Panic Disorder.....	5
Agoraphobia.....	5
Social Anxiety Disorder (SAD).....	6
Obsessive-Compulsive Disorder (OCD).....	6
Post-Traumatic Stress Disorder (PTSD).....	6
Attention Deficit/Hyperactivity Disorder (ADHD).....	7
Mood Disorders in Women of Reproductive Age.....	9
Premenstrual Conditions.....	9
Pregnancy & Childbirth.....	10
Transition to Menopause (Perimenopause).....	12
Symptoms in Children & Teens.....	13
TREATMENT, SUPPORT & SERVICES.....	15
Treatment Centers.....	15
Find a Treatment Professional.....	17
Research Studies Seeking Volunteers.....	19
Family Support Services.....	21
Support Groups & Psychotherapy Groups.....	24
Legal/Advocacy Services.....	29
Special Education Resources.....	30
Special Education Schools.....	30
Special Education Support Services.....	31
INFORMATION & RESOURCES.....	34
General Mental Health Issues.....	34
Depression.....	35
Bipolar Disorder (Manic Depression).....	36
Anxiety Disorders.....	36
Attention Deficit/Hyperactivity Disorder (ADHD).....	37
Mood Disorders in Women of Reproductive Age.....	38
Premenstrual Conditions.....	38
Pregnancy and Childbirth.....	38
Transition to Menopause (Perimenopause).....	38
Mental Health in Children and Teens.....	39
Web Sites About Young People – For Adult Visitors.....	39
Web Sites for Kids, Teens, and Young Adults.....	41

SOURCES FOR IN-DEPTH INFORMATION.....43

Books..... 43
Journal & Consumer Articles..... 44
Online Videos..... 45
Consumer Libraries / Resource Centers in Greater Boston..... 45

ABOUT US.....47

Mission.....47
The MADI Resource Center.....47
 Services & Programs.....47
 Staff & Advisors..... 48
 Content Reviewers.....49
Massachusetts General Hospital..... 50
Partners HealthCare..... 50

HOW YOU CAN HELP..... 51

TABLES

Summary of Support Groups and Psychotherapy Groups in Massachusetts.....27-28

DISCLAIMER

The Mood & Anxiety Disorders Institute Resource Center is distributing this document to provide general educational information and help you identify services and resources. We provide this material as a convenience. We strongly encourage you to consult with a trained health care professional for answers to personal questions. The MADI Resource Center is not responsible for the content, accuracy or availability of the resources referred to herein, nor does it endorse them. Only resources specifically marked “Partners HealthCare System”, “MGH”, or “MADI Resource Center” are associated with the MADI Resource Center. You assume full responsibility for using the information contained herein. You understand and agree that Partners and its affiliates, including The Mood & Anxiety Disorders Institute Resource Center and Massachusetts General Hospital, are not responsible or liable for any claim, loss, or damage resulting from the use of this information by you or any user.

COMMON MENTAL HEALTH CONDITIONS

Depression

Depression is a treatable medical disorder that causes a person to feel persistently sad, low, or disinterested in daily activities. While everyone may have occasional moments of feeling sad or "blue," or a temporary period of sadness in response to a major loss, depression causes those feelings to continue for an extended period. Depression can cause significant suffering and can reduce a person's ability to enjoy life. A person who suffers from depression may have a hard time with work, school, relationships, social activities, sports, hobbies, and parenting.

Depression often runs in families, and evidence suggests that genes may play a role. In addition, the illness may be triggered by factors such as: stress (such as trauma or loss), hormonal changes, substance abuse, sleep disorders, or a medical illness.

The two main symptoms of depression are: feeling sad, blue, down, or gloomy (a depressed mood); and loss of interest or pleasure in most activities. Other symptoms include sleep problems (either sleeping too much or too little or both); tiredness/loss of energy; a gain or loss in appetite or weight; problems thinking or concentrating; feeling slowed down/sluggish, restless, or both; having thoughts of worthlessness, hopelessness, or excessive guilt; and having thoughts of death or even suicide. The number of symptoms, their duration, and the degree of functional impairment are essential to distinguish depression from normal sadness (such as grief or disappointment) that is triggered by specific situations or events.

Some people do not meet full diagnostic criteria for *major depression*, but still suffer from depressive symptoms. These people may have *minor depression*, *subsyndromal depression*, or *dysthymic disorder*.

- **Major depression** (also called clinical depression) may be diagnosed if five of the above symptoms (at least one of them must be sadness or loss of interest or pleasure) are present for at least two weeks.
- **Minor depression** may be diagnosed if a person experiences two to five of the symptoms of depression for at least two weeks, with at least one of the symptoms being either sadness or loss of interest.
- **Subsyndromal depression** may be diagnosed when sadness and a loss of interest or pleasure do not occur, but at least two of the other depressive symptoms do occur for at least two weeks.
- **Dysthymic disorder** is often thought of as a chronic form of minor depression. Dysthymic disorder may be diagnosed if a person feels depressed more than half the time for at least two years (with no break in symptoms for at least two consecutive months) and has at least two symptoms of depression.

People who suffer from depression may be more susceptible to other illnesses and often complain of physiological problems, such as: headaches; nausea; shortness of breath; chest pain or heart racing; a worsening of preexisting aches and pains or new, unexplained aches and pains; frequent or worsening constipation; and trouble urinating or frequent urinating. In addition, they may be preoccupied with worries or feel irritable or easily frustrated. Although more women than men suffer from depression, depression is more likely to go unrecognized in men.

Depression in young people often looks different than it does in adults. In some cases, children and adolescents with depression may look sad or tearful more frequently than they had previously. In other cases, they may be constantly irritable, or they may be tired, listless, performing poorly in school, or uninterested in favorite activities.

Treatments for Depression

A number of antidepressant medications and psychotherapies have proven effective to treat depression. With proper treatment, symptoms often diminish within 4 to 12 weeks. Left untreated, depression can increase a person's risk of suicide, automobile or other accidents, heart disease and heart attacks, unemployment, divorce, social isolation, financial difficulties, alcoholism and drug abuse. Helpful information about specific medications can be found at www.medlineplus.gov (click on "Drugs and Supplements").

Bipolar Disorder (Manic Depression)

Bipolar disorder is a complex, yet treatable illness that affects an individual's ability to regulate mood and behavior. People with bipolar disorder experience a variety of intense mood swings. These mood swings may include elation and grandiosity, explosiveness and irritability, and extreme sadness and low energy. Moods can be very brief, or they can last for months or years.

Evidence suggests that genes may play a role in bipolar disorder. Environmental influences, such as stress (such as trauma or loss), hormonal changes, substance abuse, sleep disorders, or a medical illness, may also activate the illness. A person who suffers from bipolar disorder may have a difficult time with work, school, relationships, social activities, sports, hobbies and parenting. Individuals with bipolar disorder also frequently suffer from anxiety disorders, attention-deficit/hyperactivity disorder (ADHD), and problems with drugs and alcohol.

For most people with bipolar disorder, the illness is characterized by the presence of at least one of the following mood episodes: *manic*, *hypomanic*, or *mixed*. Only one of these episodes needs to occur in a person's lifetime in order for the person to be diagnosed with bipolar disorder. These mood episodes commonly alternate with periods of relative wellness and with *depressive* episodes. It is also possible for a person with bipolar disorder to experience a chronic disordered mood state rather than discrete episodes.

- **Manic episodes** (also called **mania**) are distinct periods of persistently elevated or expansive mood (feeling abnormally “high”), or irritable mood, lasting at least one week (or less if hospitalization is required). The mood is also accompanied by at least three of the following symptoms (four if a person feels irritable but is not experiencing an abnormal mood elevation): inflated self-esteem or grandiosity; a decreased need for sleep; pressured speech (excessive talkativeness); flight of ideas (racing thoughts); distractibility/poor concentration; increased involvement in goal-directed activities (socially, at work, at school, or sexually) or psychomotor agitation (feeling restless, keyed-up, fidgety); and excessive involvement in pleasurable and high-risk activities (such as excessive spending sprees, impulsive business investments, or indiscriminate, promiscuous, impulsive or unsafe sexual liaisons). Manic episodes usually require immediate treatment.
- **Hypomanic episodes** are distinct periods of persistently elevated, expansive, or irritable mood lasting at least four days. The mood is also accompanied by additional symptoms, such as: inflated self-esteem or grandiosity; a decreased need for sleep; pressured speech; flight of ideas; distractibility; increased involvement in goal-directed activities or psychomotor agitation; and excessive involvement in pleasurable and high-risk activities. In contrast to a manic episode, a hypomanic episode is generally not severe enough to cause marked impairment in social or occupational functioning or to require hospitalization.
- **Mixed episodes** are characterized by a period of time in which a person experiences both a manic episode and a major depressive episode nearly every day for at least a week. The individual may experience rapidly alternating moods (sadness, irritability, euphoria) accompanied by symptoms of a manic episode and a major depressive episode. Mixed episodes are serious conditions that usually require immediate treatment.
- **Depressive episodes** (also called **depression**) are a frequent problem for people who have bipolar disorder. (For a description of depression, refer to the previous section.) If their depression is untreated, individuals with bipolar disorder may experience disabling depressive symptoms between 30 and 50 percent of the time. For most people with bipolar disorder, depression is much more common than mania or hypomania.

When a person suffers a depressive episode, a trained treatment professional must carefully evaluate whether bipolar disorder is present. It is important to obtain the correct diagnosis, since the treatments for people with bipolar depression differ from the treatments for people who have depression but do not have bipolar disorder. For individuals with bipolar disorder who experience depressive symptoms, doctors commonly prescribe an anti-manic treatment together with an antidepressant to minimize the risk that the antidepressant will cause manic symptoms. While antidepressants do not "cause" bipolar disorder, they can unmask or intensify manic symptoms. Helpful information about specific medications can be found at www.medlineplus.gov (click on "Drugs and Supplements").

There are three general types of bipolar disorder, called bipolar I disorder, bipolar II disorder, and bipolar disorder not otherwise specified (BP-NOS). Bipolar I disorder is diagnosed when a person has had a manic or mixed episode. Bipolar II disorder is diagnosed when a person has had a hypomanic episode and depressive episodes. BP-NOS is diagnosed when a person has symptoms of bipolar disorder but does not meet the specific diagnostic guidelines for either bipolar I or II.

People with bipolar I disorder generally experience depressive symptoms for up to a third of the time; and manic or mixed symptoms less frequently. People with bipolar II disorder generally experience depressive symptoms for up to half of the time, rarely have hypomanic symptoms, and never have manic episodes. People with BP-NOS may experience manic or hypomanic symptoms and depressive symptoms, but these mood episodes may last for only a few days.

Bipolar disorder may look different in young people than it does in adults. Children with bipolar disorder often have mood swings that shift rapidly over hours or even minutes, while adults' mood swings typically shift over days to weeks. Whereas adults with bipolar disorder generally have separate times when they are depressed, and separate times when they are manic, children with bipolar disorder are more likely to have moods that are not as well defined. Children who develop the disorder very young are particularly likely to experience chronic irritability and frequent mood shifts rather than separate periods of mania and depression.

Treatments for Bipolar Disorder

Bipolar disorder requires lifelong treatment. A number of medications and psychotherapies are effective for manic, hypomanic, depressed and mixed episodes. Left untreated, bipolar disorder can increase a person's risk of suicide, accidents, heart disease, obesity, diabetes and other medical conditions, unemployment, divorce, social isolation, financial difficulties, alcoholism and drug abuse. Timely diagnosis and treatment of bipolar disorder can minimize these risk. Helpful information about specific medications can be found at www.medlineplus.gov (click on "Drugs and Supplements").

Anxiety Disorders

While everyone may have occasional moments of feeling anxious or worried, an anxiety disorder is a treatable medical condition that causes people to feel persistently, uncontrollably anxious, fearful or worried over an extended period of time. The disorder may result in significant distress in a number of settings, such as work, social and home life, and it may dramatically affect people's lives by limiting their ability to engage in a variety of activities. The tendency to develop an anxiety disorder involves complex genetic and environmental factors, and it is possible for a person to have more than one anxiety disorder. These disorders include: *generalized anxiety disorder, panic disorder, agoraphobia, social anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder.*

- **Generalized anxiety disorder (GAD)** causes excessive anxiety and worry about a number of life issues or day-to-day concerns, on the majority of days, for at least six months. People with GAD find it difficult to control their worry. This inability to stop worrying, or to relax, even in the absence of major life stresses, is one of the cardinal features of the disorder.

People with GAD also often experience associated symptoms such as: restlessness, feeling keyed up or on edge, fatigue, difficulty concentrating, irritability; muscle tension, and sleep disturbance. The anxiety and worry is considered a disorder if it is severe enough to cause significant distress or interferes with social or occupational functioning.

Adults with GAD often worry excessively about everyday, routine life circumstances such as job responsibilities, finances, or the health of themselves or their family members. Children with generalized anxiety disorder are often preoccupied with worries about their success in school and social activities and their ability to obtain the approval of others. They may appear inflexible or excessively worried about conforming to rules and may not be able to enjoy hobbies or other recreational activities.

- **Panic disorder** is characterized by repeated panic attacks, at least some of which are “out of the blue.” Panic disorder differs from GAD in that the anxiety in panic disorder comes and goes and is of varying intensity, whereas the anxiety of GAD is continuous. In addition, a person with panic disorder experiences at least a month of: persistent concern about having more attacks, worry about the implications of having an attack (for example, “is there something wrong with my heart?”), or a change in behavior related to the attacks (for example, avoiding a place or situation).

Panic attacks are periods of intense fear or anxiety that tend to come on quickly and usually end within 10 minutes. These attacks are accompanied by at least four of the following symptoms of arousal: palpitations (heart racing); sweating; trembling or shaking; shortness of breath or choking; chest pain; feeling dizzy, lightheaded or “woozy”; nausea or upset stomach; face or skin flushing or hot or cold flushes; tingling in hands, feet or other parts of the body; “spaciness” or feeling unreal or cut off from one’s surroundings; or feeling as if one may be dying, going crazy, or losing control. Many people with panic disorder develop *agoraphobia*.(see below).

Panic disorder may look different in young people compared to adults, because children may tend to focus to an even greater extent on the physical rather than psychological symptoms that accompany panic attacks. Children having a panic attack may appear to be suddenly frightened or upset with no easily identified explanation. Sometimes children having a panic attack incorrectly explain their symptoms as a response to an external trigger.

- **Agoraphobia** is anxiety about, or avoidance of, places or situations where previous panic attacks have occurred, or where help or easy escape may not be available in the event of a future panic attack. Some people with agoraphobia avoid the feared situations or require a companion to accompany them, while others endure the feared situations with a great deal of distress. Panic disorder can cause significant difficulties, including marked distress, social and job-related dysfunction, repeated

visits to doctors and emergency rooms, and increased rates of depression and alcohol abuse.

- **Social anxiety disorder (SAD)**, also known as **social phobia**, causes significant, often impairing, anxiety about being in situations where an individual perceives him- or herself to be the center of attention, as well as fear of embarrassing oneself in social situations. It is characterized by marked and persistent anxiety about performance situations such as public speaking or may be generalized to a variety of social situations including interacting in small groups or with people in authority, where they may be exposed to unfamiliar people or to the possible scrutiny of others. People with SAD often recognize that their fear is excessive or unreasonable, but they avoid such situations or endure them with great difficulty. This avoidance or distress can significantly interfere with a person's normal routine. SAD differs from panic disorder in that the anxiety is focused on social and/or performance situations.

Social phobia may look different in young people than in adults. While adults recognize the excessiveness of their discomfort in social situations, children may not have that understanding. Younger children with social phobia may protest when forced to leave a parent's side, have a tantrum when facing a social encounter, refuse to play with friends, or complain about physical illness at the time of a social event. Adolescents may simply avoid group gatherings or describe little interest in friendships.

- **Obsessive-compulsive disorder (OCD)** produces uncontrollable, recurring thoughts and fears that are often accompanied by repetitive behaviors intended to prevent the fears from being realized. People with OCD typically experience the persistent thoughts, impulses, and images of the disorder as intrusive, unwanted, or inappropriate, and the symptoms may cause them marked anxiety.
 - *Obsessions* are preoccupations with certain thoughts or impulses that are not simply excessive worries about everyday problems. Individuals suffering from obsessions might count things out multiple times, worry about potential contamination, or constantly evaluate the symmetry of their surroundings. People with OCD often attempt to suppress, ignore or neutralize their obsessions with another thought or action, without success.
 - *Compulsions* are repetitive actions a person feels he or she must carry out. The repetitive actions are aimed at preventing or reducing distress or a dreaded event or situation. Compulsions may include cleaning (such as frequent hand washing) and checking behaviors (such as repeatedly checking whether the stove is off, or if the house is locked).

OCD is commonly diagnosed when a person's obsessions or compulsions cause significant distress, take a substantial period of time each day, and are recognized by the person, at least some of the time, as being unreasonable.

- **Post-traumatic stress disorder (PTSD)** may develop after a person experiences or witnesses a highly traumatic event. PTSD produces persistent re-experiencing of the event and intrusive psychological and physical symptoms. In general the traumatic

event involves a significant threat of, or experience of, severe bodily harm or loss of life. Some examples of traumatic events that could lead to the development of PTSD are: car accidents; natural disasters such as hurricanes or earthquakes; physical or sexual assault; emotional, physical, or sexual abuse; combat exposure; or learning about the unexpected death or injury of a loved one.

Although not all individuals exposed to a trauma develop PTSD, some individuals experience a number of distressing psychological and physical symptoms including re-experiencing the event, avoidance or numbing, and hyperarousal (difficulty falling or staying sleep, irritability, angry outbursts, difficulty concentrating, being easily startled, or feeling always “on guard”). PTSD is diagnosed when symptoms persist for at least one month and cause significant distress, interference, or impairment at work, school, or in social functioning. Symptoms may last for several months, or become even more chronic. For some people, PTSD symptoms emerge six months or more after the traumatic event. One way PTSD differs from OCD is that in PTSD intrusive thoughts pertain to the traumatic experience.

Treatments for Anxiety Disorders

A variety of treatments, including medications and therapy, are available for generalized anxiety disorder, panic disorder, social anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder. Some individuals do well with treatment that includes both psychotherapy and medication. Medications commonly used to treat these disorders include antidepressants and anti-anxiety medications (including benzodiazepines and other “Valium-like” medications). Helpful information about specific medications can be found at www.medlineplus.gov (click on "Drugs and Supplements").

Psychotherapies such as Cognitive-Behavioral Therapy (CBT) are also used to treat anxiety disorders. CBT reduces symptoms through exposing a person to situations, sensations and thoughts that provoke anxiety, in a safe and structured therapeutic setting, and working to help the person change thinking and behavior patterns, and learn skills to manage difficult emotions and overcome difficulties in interpersonal relationships.

Attention Deficit/Hyperactivity Disorder (ADHD)

Attention Deficit/Hyperactivity Disorder is a treatable medical condition that makes it hard for people to regulate their attention, organize themselves, and control their impulses. For people whose ADHD symptoms include hyperactivity, keeping quiet or stopping all body movements may seem nearly impossible. While most people have occasional moments of daydreaming, fidgeting, or forgetfulness, someone with ADHD experiences these difficulties often, in multiple settings, over a period of at least six months. These challenges can affect all aspects of a person’s life.

Until recently it was assumed that ADHD is outgrown in childhood because its most noticeable symptom (hyperactivity) tends to decrease as a child matures into adulthood. It is

now known that many individuals with ADHD (current studies suggest between half and two thirds) continue to experience impairing symptoms as adults. Approximately four percent of adults are estimated to be affected. Although the disorder emerges during childhood, it may not be significantly impairing or noticeable until an individual is faced with the adult challenges of managing a job, sustaining a relationship, or running a household.

Adults with ADHD are at higher risk than those without the disorder to struggle with job performance, educational achievement, personal relationships, and substance or alcohol abuse. They are also at higher risk for developing depression and bipolar disorder. In children and adolescents, ADHD may significantly impair academic activities, peer relationships, and home life. Young people with ADHD typically exhibit low frustration tolerance and have trouble following rules.

Three main types of ADHD have been identified: *predominantly inattentive*, *predominantly hyperactive/impulsive*, and *combined type*.

- **Inattentive** symptoms are characterized by forgetfulness, distractibility, and difficulty focusing and maintaining attention. They can lead to a variety of challenges, including boredom, trouble remembering instructions and responsibilities, chronic disorganization, and an aversion to mentally challenging tasks. Paradoxically, a person who has ADHD may have great difficulty paying attention while listening to a speech or organizing a project, but may be able to focus attention for very long periods of time when engaged in pleasurable activities that require mindful attention, such as playing videogames, drawing, reading books by a favorite author, or tackling complex problems that draw upon a strong interest or skill.

Adults with inattentive symptoms may have been described in childhood as “daydreamers” or “spaced out,” but they were unlikely to have been referred for treatment. Because symptoms of inattentiveness may be difficult for others to detect, many people with the inattentive type of ADHD are never identified at all, or they may not be diagnosed until a pattern of problems with maintaining focus, staying organized, or not attending to details leads to lower academic or job performance. Frequently, adults with the inattentive type become aware of their own symptoms of ADHD only after their children are diagnosed with the disorder.

- **Hyperactive/impulsive** symptoms are characterized by a tendency to act or speak before considering consequences, by restlessness, and by difficulty waiting, staying seated or resisting the need to constantly move. These symptoms are more likely to have been identified during childhood, because hyperactive/impulsive symptoms tend to cause disruption in school. Because hyperactivity appears less commonly in females, girls and women with ADHD have been less likely to be diagnosed than males. Individuals with this type of ADHD may face consequences such as job dismissal and damaged friendships due to their inability to be patient with others or to refrain from speaking their minds.
- **Combined type** symptoms include significant difficulties with both regulating attention and controlling hyperactivity/impulsivity.

The impulsiveness and inattentiveness of ADHD places adults at increased risk for automobile accidents, frequent job changes, financial problems, and divorce. A recent study (Joseph Biederman, MD, et al., 2005) found that ADHD is responsible for an estimated \$77 billion in lost household income in the U.S. each year, or an average of \$10,000 per individual with the disorder. The loss in income was calculated by considering the lower educational attainment, higher rates of job loss and days absent, and overall lower job performance in adults with ADHD.

Treatments for Attention Deficit/Hyperactivity Disorder (ADHD)

Treatment for ADHD can include counseling, medication, and assistance (coaching) in organizing and managing daily responsibilities. Because much of what is known about ADHD derives from studies of children, some clinicians who treat adults may refer adult patients with questions about diagnosing and treating ADHD to colleagues who specialize in childhood mental health. Medications for ADHD may include stimulants (which now are available in longer-acting forms), noradrenergic agents, antidepressants, antihypertensive medications, or antinarcotics medication. Information about specific medications can be found at www.medlineplus.gov (click on “Drugs and Supplements”).

Mood Disorders in Women of Reproductive Age

At certain points in the female reproductive cycle, women are at higher risk for mood and anxiety disorders. The distinct hormonal and physiological changes that occur prior to each menstrual period, during pregnancy, following childbirth, and during perimenopause (the transitional years preceding menopause), can influence “chemicals” in the brain that affect mood. Minor mood disturbances at these times are not uncommon, but more serious and disabling conditions can also develop. Women and teens with a history of mood and anxiety disorders are particularly vulnerable. For a detailed discussion of mood disorders in women of reproductive age and beyond, visit www.womensmentalhealth.org.

Premenstrual Conditions

Mood flare-ups are common in the one to two weeks preceding menstruation. Many teens and women have *premenstrual syndrome (PMS)*, where the symptoms are transient - emerging and disappearing on a fairly predictable basis. Others experience a more severe type of mood disturbance known as *premenstrual dysphoric disorder (PMDD)*. For others, underlying conditions such as depression or anxiety disorders may worsen during those weeks and thus appear to be triggered by the hormonal changes that take place during the monthly cycle.

- **Premenstrual syndrome (PMS)** is a general pattern of physical, emotional, and behavioral symptoms occurring for one or two weeks before the monthly menstrual flow begins. PMS is common, affecting from 30-80 percent of women and teens of reproductive age. The most common behavioral symptoms of PMS are fatigue, forgetfulness, poor concentration, and mild mood changes, including irritability,

anxiety and depressed mood. Women and teens with PMS are also more sensitive to rejection, more easily overwhelmed, more easily angered, and more likely to withdraw socially. These symptoms fade when the menstrual period begins.

- **Premenstrual dysphoric disorder (PMDD)** is a more severe form of premenstrual syndrome, affecting 3-8 percent of women and teenage girls. The most common symptom is irritability, but many individuals also report depressed mood, anxiety, or mood swings. As with PMS, these symptoms emerge one to two weeks preceding menstruation and resolve completely when the menstrual period begins. PMDD causes noticeable impairment, particularly in social and work relationships.

Treatments for Premenstrual Conditions

Treatment recommendations commonly include simple lifestyle changes in diet, exercise, and stress management. For women and teens with mild physical and emotional symptoms of PMS, doctors may also recommend a trial of nutritional supplements, including calcium, magnesium, and vitamin B6.

Selective serotonin reuptake inhibitors (SSRI) antidepressant medications may be prescribed to reduce severe symptoms of PMS or PMDD. Doctors may sometimes prescribe oral contraceptives to reduce PMS or PMDD mood symptoms, although the evidence for this practice is limited. Helpful information about specific medications can be found at www.medlineplus.gov (click on "Drugs and Supplements").

Pregnancy & Childbirth

Although pregnancy has typically been considered a time of emotional well-being, recent studies suggest that about 20 percent of pregnant women experience mood or anxiety disorders and about 10 percent develop major depression during pregnancy. Women with histories of mood or anxiety disorders who discontinue psychiatric medications during pregnancy are particularly vulnerable.

During the postpartum period, about 85 percent of women experience some type of mood disturbance. For most women, the symptoms are mild and short-lived; however, 10 to 15 percent of women develop more significant symptoms of depression or anxiety. Postpartum psychiatric illness is typically divided into three categories: *postpartum "blues," postpartum depression,* and *postpartum psychosis.*

It may be useful to think of these disorders on a spectrum, where postpartum blues is the mildest and postpartum psychosis is the most severe form of postpartum psychiatric illness.

- **Postpartum "blues"** are experienced by about 50 to 85 percent of women during the first few weeks after delivery. This type of mood disturbance is so common that it may be more accurate to consider the blues as a normal experience following childbirth rather than a psychiatric illness. Women with postpartum blues commonly report ups and downs in their mood, plus tearfulness, and anxiety or irritability. These symptoms typically peak on the fourth or fifth day after delivery and may last

for a few hours or a few days, disappearing spontaneously within two weeks of delivery.

- **Postpartum depression (PPD)** typically emerges during the first two to three months after delivery. Some women actually note the onset of milder depressive symptoms during pregnancy.

Postpartum depression is clinically indistinguishable from depression that occurs at other times in a woman's life. The symptoms of postpartum depression include: depressed or sad mood, tearfulness, loss of interest in usual activities, feelings of guilt, feelings of worthlessness or incompetence, fatigue, sleep disturbance, change in appetite, poor concentration, and suicidal thoughts. Significant anxiety symptoms may also occur. Generalized anxiety is common, but some women also develop panic attacks or hypochondriasis (persistent and unresolvable worries about an imagined health problem). Postpartum obsessive-compulsive symptoms have also been reported, where women report disturbing and intrusive thoughts of harming their infant.

- **Postpartum psychosis** is the most severe form of postpartum psychiatric illness. It occurs rarely, in approximately 1-2 individuals per 1000 women following childbirth. Its emergence is often dramatic, with onset of symptoms as early as the first 48 to 72 hours after delivery. The majority of women with psychosis following delivery develop symptoms within the first two weeks following childbirth.

In many cases, postpartum psychosis may actually represent an episode of bipolar disorder, and the symptoms of psychosis following delivery most closely resemble those of a manic or mixed episode (see the section above on bipolar disorder). The earliest signs are restlessness, irritability, and insomnia. Women with this disorder exhibit a rapidly changing depressed or elated (happy) mood, disorientation or confusion, and erratic or disorganized behavior. Delusions (beliefs that are untrue that cannot be reassured or dispelled) are common and often center on the infant. Auditory hallucinations (voices) that instruct the mother to harm herself or her infant may also occur. For these reasons, there is often high risk for suicide as well as risk of harm to the newborn from the mother in postpartum psychosis. A woman who has delusions or hallucinations following childbirth requires immediate attention from a trained professional.

Treatments During & After Pregnancy

A woman who is pregnant, or planning to become pregnant, should consult her doctor about the risks and benefits of treatment during and after pregnancy.

- **Pregnancy.** Data accumulated over the last 30 years suggest that certain psychiatric medications may be used to treat mood or anxiety disorders during pregnancy without significant risk to the fetus. Treatment decisions vary and depend on the woman's overall health, any history of previous mental health disorders, and the perceived benefits and risks of treatment. Psychotherapy may be helpful for alleviating symptoms of depression and anxiety and may allow a woman to

discontinue treatment with medications. However, women with severe or recurrent depression may elect to maintain treatment with medication throughout pregnancy. Electroconvulsive therapy is sometimes used during pregnancy, instead of medication, for those with severe or difficult to treat depression.

- **Postpartum “blues.”** While the symptoms of postpartum blues are unpredictable and often unsettling, they do not interfere with a woman’s ability to function. No specific treatment is usually required; however, it should be noted that sometimes these changes in mood herald the development of a more significant mood disorder, particularly in women who already have a history of depression. If symptoms of the blues last for longer than two weeks, an evaluation to rule out a more serious mood disorder is warranted.
- **Postpartum depression (PPD).** Treatment for postpartum depression may involve the use of antidepressants, anti-anxiety medications, psychotherapy, or a combination of these. Women who are breast-feeding should consult a trained specialist regarding the relative risks and benefits of using medications for mood and anxiety disorders during breast-feeding; the overall risk of adverse events appears to be relatively low.
- **Postpartum psychosis.** The treatment of postpartum psychosis often involves the use of a combination of medications, including antipsychotic agents and mood stabilizers. Women who are breast-feeding should consult a trained specialist about the risks and benefits of using medications during breast-feeding.

Helpful information about specific medications can be found at www.medlineplus.gov (click on "Drugs and Supplements").

Transition to Menopause (Perimenopause)

The transition from the reproductive phase of a woman’s life to the phase when she can no longer reproduce is a process that usually begins in a woman's late 40s. During this transition known as perimenopause, which typically lasts 4-8 years, some women are more vulnerable to depressive disorders. Although some women do become depressed for the first time in their lives during perimenopause, generally those women who have a history of mood disorders are more vulnerable. Women who have had problems with depressed mood around the time of their menstrual periods may also be at higher risk in perimenopause.

During perimenopause women may experience a variety of physical changes (for example, night sweats and hot flashes) until they arrive at menopause. (Menopause is reached usually in a woman’s early 50s, and is defined as the cessation of menstrual periods for at least one year.) Many factors may influence a woman’s vulnerability to depression during perimenopause, including hormonal fluctuations, physical symptoms of these transition years, or psychological issues related to the loss of fertility and acknowledgment of one’s mortality.

Treatments During the Transition to Menopause

Treatment for depressive symptoms that occur in association with menopause depends on the severity of a woman's symptoms and on her prior history. If a woman's symptoms are relatively mild and she has never been depressed before, doctors commonly suggest treatment with an antidepressant. Hormone replacement therapy by itself will usually relieve physical symptoms such as hot flashes and may also improve mood significantly. However, given recent concerns regarding the long-term use of estrogen, some women prefer to avoid hormones, especially if they have few physical symptoms.

In cases where symptoms are severe, doctors typically prescribe antidepressant medication, generally in combination with hormone replacement therapy. The combination of an antidepressant and hormones may also be used when a woman has significant physical symptoms in addition to depression. Helpful information about specific medications can be found at www.medlineplus.gov (click on "Drugs and Supplements").

In all of these situations, psychotherapy is commonly recommended in addition to whatever medication is chosen. Working with a psychotherapist, however, is unlikely to help severe depression unless medication is used as well.

Symptoms in Children & Teens

The mental health symptoms experienced by children and teens may differ from the symptoms experienced by adults. Because of the unique challenges facing young people with mental health conditions and their families, the Massachusetts General Hospital Department of Psychiatry has created a web site devoted entirely to child and adolescent mental health.

This unique web site, www.schoolpsychiatry.org, was created by – and for – parents, clinicians and educators working together to support the mental health needs of children and teens. [Schoolpsychiatry.org](http://www.schoolpsychiatry.org) offers facts and guidance for adults who shape young people's lives, including:

- Information on depression, bipolar disorder, attention deficit / hyperactivity disorder, autism spectrum disorders, and anxiety disorders, including panic disorder and obsessive-compulsive disorder.
- Online access to dozens of the most effective, age-appropriate screening tools and rating scales to aid in assessment.
- Recommended interventions for the home and the classroom.
- A guide to the process for assessing the educational needs of students who have mental health conditions
- Treatment options including counseling and medication.
- Specialized links

Additional resources and information related to children and teens can be found throughout this resource guide, particularly in the following sections:

- Finding Treatment, Support & Services (see especially “Treatment Centers,” “Family Support Services,” “Support Groups & Psychotherapy Groups,” and “Special Education Resources.”)
- Information & Resources (see especially “Mental Health in Children and Teens”)

TREATMENT, SUPPORT & SERVICES

Use this section to locate mental health treatment, support, or services in the United States. Also included here are organizations that provide treatment, support and services within Massachusetts.

Treatment Centers

The following web sites provide information about mental health treatment centers in the United States, New England, and Massachusetts.

United States

National Mental Health Information Center

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA)

Web site: www.mentalhealth.samhsa.gov (Click on “Services Locator” above U.S. map)

This web site offers a Mental Health Services Locator that you can use to find mental health treatment facilities listed by state.

Massachusetts

Massachusetts General Hospital

Acute Psychiatry Service (APS)

Phone: (617) 726-2994

Web site: www.massgeneral.org/allpsych/aps

Located within the Massachusetts General Hospital Emergency Department, APS provides diagnosis and urgent care for patients of all ages during psychiatric emergencies.

Adult Psychiatry

Phone: (617) 724-5600

Web site: www.massgeneral.org/allpsych

Evaluation and outpatient treatment of adults who have mental health conditions, including depression, bipolar disorder, anxiety disorders, attention-deficit/hyperactivity disorder, and others.

Child & Adolescent Psychiatry

Phone: (617) 726-1731

Web site: www.massgeneral.org/allpsych/ChildPsych

Evaluation and outpatient treatment of children and adolescents who have mental health conditions, including depression, bipolar disorder, anxiety disorders, attention-deficit/hyperactivity disorder, and others.

Massachusetts General Hospital (continued)

Geriatric Neurobehavioral Clinic

Phone: (617) 726-5571

Evaluation and outpatient treatment of older individuals with memory disorders.

Geriatric Psychiatry

Phone: (617) 724-5600

Evaluation and outpatient treatment of older individuals who have mental health conditions, including depression, bipolar disorder, anxiety, and others.

Group Psychotherapy

Phone: (617) 724-0824

Web site: www.massgeneral.org/grouppsychotherapy/groups.htm

Groups for all ages, some for specific situations or specific mental health issues.

Inpatient Psychiatric Service

Phone: (617) 724-9144

Web site: www.massgeneral.org/allpsych/ips

Short-term, secure unit for adults 19 years and older who require psychiatric treatment in an acute inpatient setting.

Psychology Assessment Center

Phone: (617) 726-3647

Web site: www.massgeneral.org/allpsych/pac

Psychoeducational testing, including assessment for the diagnosis and treatment of disorders that affect reasoning, learning, personality, and emotions.

School Psychiatry Program

Web site: www.schoolpsychiatry.org

Consultation and support services to schools, on-site teaching to psychiatrists-in-training, and educational materials for teachers, parents, and clinicians.

Social Service Department

Phone: (617) 726-2640

Web site: www.mghsocialwork.org/support-groups.html

Counseling, support groups, crisis support, and referrals to specialty care in the community.

YouthCare

Phone: (617) 726-0060

Web site: www.mghyouthcare.org

Therapeutic social skills group programs for young people.

Massachusetts Child Psychiatry Access Project (MCPAP)

Phone number for pediatricians only: (617) 724-8282.

Web site: www.mcpap.org

MCPAP supports pediatricians in assessing, treating, and finding appropriate support services for children and adolescents who have behavioral health problems. Contact with MCPAP clinicians must be initiated by a pediatrician, and any pediatrician in Massachusetts can participate.

Partners HealthCare System

Web site: www.partners.org

Partners HealthCare System is a health provider network founded by Brigham and Women's Hospital and Massachusetts General Hospital, which are teaching sites for Harvard Medical School. Other member hospitals and affiliates include: McLean Hospital, Newton-Wellesley Hospital, North Shore Medical Center, Faulkner Hospital, Spaulding Rehabilitation Hospital, Dana Farber/Partners Cancer Care, and Rehabilitation Hospital of the Cape and Islands.

New England Region

New England Psychologist

Phone: (781) 237-9909

Web site: www.nepsy.com

New England Psychologist, a monthly print publication for licensed psychologists in the region, annually compiles a directory of psychiatric hospitals in New England from information provided by hospitals in response to a questionnaire.

Find a Treatment Professional

If you think you or someone you love may be suffering from a mood or anxiety disorder, you may want to visit a mental health professional. For tips about what to look for and what to expect from a mental health professional, you can order a free copy of "Finding a Mental Health Professional: A Personal Guide" from the Depression & Bipolar Support Alliance. To order, call (800) 826-3632 or download it by visiting www.DBSAlliance.org (click on "Empower Yourself," then "Find Professional Help," and then "Finding a Mental Health Professional Brochure").

The organizations below may be able to help you locate a mental health treatment professional.

American Medical Association

Phone: (312) 464-5000

Web site: www.ama-assn.org

Find information about licensed psychiatrists in the U.S. using the "AMA Doctor Finder."

American Psychiatric Association

Phone: (888) 35-PSYCH

Web site: www.psych.org

Find a licensed psychiatrist in your area using the "APA Answer Center."

American Psychological Association

Phone: (800) 964-2000

Web site: www.apa.org

Find a licensed psychologist in your area.

Anxiety Disorders Association of America

Phone: (240) 485-1001

Web site: www.adaa.org

Find professionals who treat anxiety (including cognitive-behavioral therapists) in your area.

Association for Advancement of Behavior Therapy

Phone: (212) 647-1890

Web site: www.aabt.org

Find a cognitive-behavioral therapist for the treatment of anxiety in your area.

Best Doctors, Inc.

Phone: (888) 362-8677

Web site: www.bestdoctors.com

Search for a psychiatrist in your area using “Internet Subscription.” Using “FindBestDoc,” get names of psychiatrists in your area whose availability to see new patients has been confirmed.

Depression & Bipolar Support Alliance

Phone: (800) 826-3632

Web site: www.dbsalliance.org

Find psychiatrists, psychologists, and other mental health professionals in your community.

National Association of Social Workers

Phone: (202) 408-8600

Web site: www.naswdc.org

Find a social worker who provides mental health services in your area.

Partners HealthCare System

Web site: www.partners.org

Search the Boston-based Partners HealthCare System web site for treatment professionals listed by community and field of practice. Providers are affiliated with the following hospitals: Massachusetts General Hospital, McLean Hospital, Brigham & Women’s Hospital, Newton-Wellesley Hospital, North Shore Medical Center, Faulkner Hospital, Spaulding Rehabilitation Hospital, and Rehabilitation Hospital of the Cape and Islands.

WebMD

Web site: www.webmd.com

Search for a psychiatrist in your area using “Find a Doctor.”

Research Studies Seeking Volunteers

Researchers in the mental health field are constantly conducting new research to advance our knowledge and treatment of mood and anxiety disorders. In order to identify promising new treatments, and help people take advantage of new treatment opportunities in a safe and controlled manner, researchers run carefully controlled clinical trials of new medications and treatments.

To find out if you or a loved one is eligible to receive psychiatric care (in some cases, free-of-charge) by participating in a research study, visit the following web sites.

Massachusetts General Hospital Research Studies

Pediatric Psychopharmacology (for children and adolescents)

Phone: (617) 726-1731

Web site: www.massgeneral.org/pediatricpsych/home.html

This web site lists currently enrolling research studies investigating treatment for children and adolescents with psychiatric disorders; adults with attention-deficit/hyperactivity disorder (ADHD) and other disorders with childhood onset; and high-risk offspring of parents with psychopathology. The Pediatric Psychopharmacology Unit specializes in evaluating and treating children and adolescents with psychiatric disorders, and adults with ADHD.

Bipolar Clinic & Research Program (BCRP)

Phone: (866) 99-MOODS (866-996-6637)

Web site: www.manicdepressive.org

This web site lists currently enrolling research studies investigating bipolar disorder causes, course, and treatments. The BCRP is an outpatient clinic that specializes in bipolar disorder evaluation, treatment, and research.

Center for Anxiety and Traumatic Stress Related Disorders

Phone: (617) 726-6944

Web site: www.mghanxiety.org

This web site lists currently enrolling research studies investigating treatment for anxiety disorders. This program is an outpatient clinic that specializes in the evaluation, treatment, and research of anxiety disorders. The program has web sites for specific anxiety disorders including:

- social anxiety disorder (www.bostonsocialanxiety.com);
- post-traumatic stress disorder (www.bostontrauma.com);
- complicated grief (www.bostongrief.com);
- panic disorder (www.bostonpanic.com); and
- generalized anxiety disorder (www.bostonanxiety.com)

Center for Women's Mental Health

Phone: (617) 724-7792

Web site: www.womensmentalhealth.org

This web site lists currently enrolling research studies investigating the evaluation and treatment of psychiatric disorders associated with female reproductive function. This Center is an outpatient clinic that specializes in the treatment of psychiatric disorders of women who are pregnant, wish to conceive, or have recently given birth.

AED Pregnancy Registry

Phone: (888) 233-2334

Web site: www.moodpreg.org

The anti-epileptic drug (AED) Pregnancy Registry is a study currently enrolling pregnant women who are taking anti-epileptic medications (also known as anti-convulsant or anti-seizure drugs) for any reason, including mood disorders. The main goal of the Registry is to determine which drugs are safest for use during pregnancy. Participation includes three telephone interviews.

Depression Clinical & Research Program (DCRP)

Phone: (877) 55-BLUES (877-552-5837)

Web site: www.massgeneral.org/allpsych/depression

This web site lists currently enrolling research studies investigating the causes, course, and treatments of (unipolar) depression. The DCRP is an outpatient clinic that specializes in depression evaluation, treatment, and research.

Gerontology Research Unit

Phone: (617) 726-5571

Web site: www.massgeneral.org/allpsych/PsychNeuro/gerontology.asp

This web site lists currently enrolling research studies investigating memory disorders in older adults. The Gerontology Research Unit is an outpatient clinic that evaluates and treats individuals with a range of memory disorders.

Massachusetts General Hospital Research Recruitment

Phone: (617) 724-5200

Web site: www.rsvpforhealth.org (click on “Search Open Trials by Therapeutic Area”)

This web site lists clinical research trials currently enrolling patients at Massachusetts General Hospital, Brigham and Women’s Hospital, and other Partners HealthCare System hospitals.

Other Research Studies

National Institute of Mental Health (NIMH) offers clinical trials for adults and children at the NIH Clinical Center in Bethesda, Maryland, and at many other locations across the United States. Information on trials recruiting participants is available at www.nimh.nih.gov/studies/index.cfm.

Center for Psychiatric Rehabilitation at Boston University offers persons who have had serious psychiatric experiences the opportunity to participate in several different programs designed to support and enhance their personal journey of recovery. These programs vary in length, cost, and commitment, and all have a research component. For information on opportunities to participate in research, visit www.bu.edu/cpr/research/participate/index.html.

Family Support Services

When a person or family is coping with mental health problems, particularly during an acute crisis, one of the biggest challenges can be finding appropriate support services for the affected person as well as the family. Mental health agencies and organizations can help families in need of respite care (care for the ill person at home that allows family caregivers some “time off”), case management, recreational activities, vocational training and guidance, and other supports.

The following organizations and web sites may be useful for helping you or a loved one find support services in the United States and within Massachusetts.

United States

Anxiety Disorders Association of America (ADAA)

Phone: (240) 485-1001

Web site: www.adaa.org

The ADAA provides information, resources and support to people with anxiety disorders (including generalized anxiety, panic disorder and agoraphobia, obsessive-compulsive disorder, post-traumatic stress disorder, social anxiety, and phobias) and their families.

Attention Deficit Disorder Association (ADDA)

Phone: (484) 945-2101

Web site: www.add.org

The ADDA provides information, resources and networking to adults with ADHD and to the professionals who work with them.

Child & Adolescent Bipolar Foundation (CABF)

Phone: (847) 256-8525

Web site: www.bpkids.org

This parent-led, web-based support and advocacy organization provides information and peer guidance for families raising children and adolescents diagnosed with, or at risk for, early-onset bipolar disorder.

Children & Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

Phone: (301) 306-7070

Web site: www.chadd.org

CHADD is a volunteer-run organization that provides support and information for adults and children who have attention-deficit/hyperactivity disorder and their families. Chapters are found around the country.

Depression and Bipolar Support Alliance (DBSA)

Phone: (800) 826-3632

Web site: www.dbsalliance.org

The Depression and Bipolar Support Alliance is a consumer-run support and advocacy organization for people with depression and bipolar disorder and their families. DBSA leads a nationwide network of local chapters that provide information and support.

Federation of Families for Children’s Mental Health (FFCMH)

Phone: (703) 684-7710

Web site: www.ffcmh.org

The Federation leads a nationwide network of family-run organizations to support families who are raising children with mental health needs.

National Alliance on Mental Illness (NAMI)

Phone: (703) 524-7600

Web site: www.nami.org

NAMI is a self-help, support, and advocacy organization for mental health consumers and their families and friends.

National Mental Health Association (NMHA)

Phone: (703) 684-7722

Web site: www.nmha.org

The National Mental Health Association is an education, advocacy, research and service organization that promotes mental health and wellness.

National Mental Health Information Center

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA)

Web site: www.mentalhealth.samhsa.gov (Click on U.S. map under “Services Locator.”)

The Mental Health Services Locator on this web site allows you to search for mental health services and resources by state.

National Respite Locator Service

Phone: (919) 490-5577

Web site: www.respitelocator.org

This organization helps parents, caregivers and professionals find respite care in their state and local areas. Respite care (in-house or outside services) provides temporary relief for families who are caring for an ill family member.

Massachusetts

Boston Bar Association’s “The Parents’ How-to Guide to Children’s Mental Health Services in Massachusetts”

Web site: www.bostonbar.org

The Boston Bar Association’s Children’s Mental Health Task Force, in collaboration with Children’s Hospital in Boston, published this guide for parents. It provides information about mental health services in the state, how to obtain and pay for these services, as well as advocacy tips. The complete guide is available on the BBA web site. Click on “For the Public” then “Children’s Mental Health Guide.”

Boston Public Health Commission Child & Adolescent Mental Health Program

Phone: (617) 534-5671

Web site: www.talklisten.org

The Commission maintains listings of local mental health organizations and agencies that can provide information, assistance, and support for parents and their children. The site also provides online access to “Making Sense: A Parent’s How-to Guide to Children’s Mental Health Resources” and “Making Sense: A Parent’s Guide to a Child’s Psychiatric Hospitalization.” A brochure entitled “Understanding How Teens Behave Emotionally, Ages 13-15” contains behavior guidelines and emergency contacts for situations where urgent help is needed.

Massachusetts Clubhouse Coalition

Phone: (781) 788-8803

Web site: www.maclub.org

The Massachusetts Clubhouse Coalition provides a list of “Clubhouses” in Massachusetts. Clubhouses are social and vocational support centers for people with chronic mental illness.

Massachusetts Department of Health & Human Services (HHS)

Phone: (617) 573-1600

Web site: www.mass.gov/hhs (Click on “Find Community Resources” under “Online Services.”)

The Massachusetts Resource Locator allows you to search for mental health services throughout Massachusetts. Click on “Guided Search” to search by service type and area served, or by location of the provider.

Massachusetts Department of Mental Health (DMH)

Phone: (617) 626-8000

Web site: www.mass.gov/dmh (Click on “Consumers” at top of page.)

Click on “Mental Health” under “Behavioral Health” for information about mental health services and eligibility in the state of Massachusetts.

Massachusetts Rehabilitation Commission

Phone: (800) 245-6543, (617) 204-3600

Web site: www.state.ma.us/mrc

Disability Determination Services

- Phone: (800) 551-5532

Independent Living Centers

- Phone: (800) 223-2559

The Massachusetts Rehabilitation Commission is the state agency responsible for Vocational Rehabilitation Services, Community Services, and eligibility determination for the Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) federal benefits programs for Massachusetts citizens with disabilities.

Parent/Professional Advocacy League (PAL)

Phone: (617) 542-7860

Web site: www.ppal.net

PAL is the Massachusetts chapter of the Federation of Families for Children’s Mental Health. PAL works with families and professionals, and provides support, education, referrals, and advocacy on behalf of children with mental, emotional, or behavioral special needs.

Support Groups & Psychotherapy Groups

Support groups and psychotherapy groups can be enormously valuable for helping people cope with the effects of mental illness on their relationships, work and family life. The following organizations offer, or can refer you to, support groups and psychotherapy groups for adults and young people.

United States

American Foundation for Suicide Prevention

Phone: (888) 333-AFSP

Web site: www.afsp.org

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

Phone: (800) 233-4050

Web site: www.chadd.org

Child & Adolescent Bipolar Foundation

Phone: (847) 256-8525

Web site: www.bpkids.org

Depression and Bipolar Support Alliance (DBSA)

Phone: (800) 826-3632

Web site: www.dbsalliance.org

Families for Depression Awareness

Phone: (781) 890-0220

Web site: www.familyaware.org

National Alliance on Mental Illness (NAMI)

Phone: (703) 524-7600

Web site: www.nami.org

National Mental Health Association

Phone: (703) 684-7722

Web site: www.nmha.org

Massachusetts

Support groups and psychotherapy groups in Massachusetts are offered by the organizations listed below and by the local chapters of national organizations, including those listed above. A table summarizing the available support groups in Massachusetts can be found at the end of this section.

Massachusetts General Hospital (MGH), Boston, MA

- **Free support groups for spouses/partners of people who have bipolar disorder**, particularly for those whose spouse/partner is generally not acutely ill. Sponsored by the MGH Mood & Anxiety Disorders Institute Resource Center. The peer-facilitated support groups meet at Newton-Wellesley Hospital two Thursday evenings a month. Supervision is provided by Chuck Weinstein, MAE, LMHC. Mr. Weinstein was the 2007 recipient of the Boston Manic-Depressive and Depressive Association's Outstanding Professional Volunteer of the Year Award. For more information about the support groups, contact Mr. Weinstein at (781) 643-7750.
- **Support groups for adults and young people**, many of them **free**, including: **groups for children on the autism spectrum, groups for adolescents in high school, groups for adults, and groups for social anxiety disorder, chronic mental illness, eating disorders, parenting, and addiction.** Sponsored by the MGH Social Service Department. For information call the MGH Social Service Department at (617) 726-2640 or visit www.mghsocialwork.org and click on "Resources."
- **Psychotherapy groups for adults as well as young people**, including: **psychodynamic/interpersonal groups, young adult groups, child and adolescent groups, groups for parents, older adult groups, and special interest groups.** Sponsored by the MGH Center for Group Psychotherapy. For information call the MGH Center for Group Psychotherapy at (617) 724-0824, or visit www.massgeneral.org/grouppsychotherapy and click on "Outpatient Groups."

McLean Hospital, Belmont, MA

- **Support groups** for people coping with issues such as **depression, bipolar disorder, personality disorder, substance use, or obsessive-compulsive disorder.** For more information, call McLean Hospital at (617) 855-2000 or visit www.mcleanhospital.org and click on "Education," then click on "For Consumers," and then click on "Support Groups."

North Shore Children's Hospital, Salem, MA

- **Support groups for children and adolescents** who have behavioral or mental health issues, **and their families.** Sponsored by the Family Resource Center/Behavioral Health Library. For more information, call the Family Resource Center at (978) 354-2660, or visit www.nsmc.partners.org/web/support/pediatrics_resource_center.

Manic Depressive and Depressive Association (MDDA) of Boston - the Depression and Bipolar Support Alliance (DBSA) Boston Chapter, Belmont and Boston, MA

- **Support groups facilitated by trained members, day-time drop-in support groups, and educational lectures by mental health experts.** Support groups are offered at McLean Hospital in Belmont, MA and at Massachusetts General Hospital in Boston, MA. For more information, call (617) 855-2795 or visit www.mddaboston.org.

National Alliance on Mental Illness (NAMI) Massachusetts Chapter

- **Support/education groups for family members of people affected by mental illness** offered at many locations around Massachusetts. For more information, call (781) 938-4048 or visit www.namimass.org.

National Association of Social Workers (NASW) Massachusetts Chapter

- **Free Social Work Therapy Referral Service that serves adults, children, and adolescents** anywhere in Massachusetts. For more information, call (800) 242-9794 or go to www.naswma.org, select “Therapy Referral Service” from the tab menu at the top of the page, and then click on “SWTRS Groups.”

Parent/Professional Advocacy League (Massachusetts Chapter of Federation of Families for Children’s Mental Health)

- **Support groups for parents of children with neurological, emotional, or behavioral special needs** at many locations around Massachusetts. For information, call (617) 542-7860 or visit www.ppal.net/network.htm.

Support Groups and Psychotherapy Groups in Massachusetts

Sponsor	Topics Include	Group Type	Available for	Location
<p>Name: Manic-Depressive and Depressive Association (MDDA) of Boston – the Depression and Bipolar Support Alliance (DBSA) Boston Chapter Contact: (617) 855-2795 or www.mddaboston.org</p>	<p>Bipolar Disorder, Depression, Dual Diagnosis, Schizoaffective Disorder, Sexual and Gender Orientation Issues, Spirituality</p>	<p>Support</p>	<p>Adults, Family and Friends, Partners</p>	<p>McLean Hospital Belmont, MA <i>and</i> Massachusetts General Hospital Boston, MA</p>
<p>Name: Massachusetts General Hospital Center for Group Psychotherapy Contact: (617) 724-0824 or www.massgeneral.org/grouppsychotherapy</p>	<p>Anxiety and Mood Disorders, Aging, Borderline Personality Disorder, Eating Disorders, Parenting, Social Phobia</p>	<p>Psychotherapy</p>	<p>Adults, Children and Adolescents, Older Adults, Young Adults, Parents, Special Interest Groups</p>	<p>Massachusetts General Hospital Boston, MA</p>
<p>Name: Massachusetts General Hospital Mood & Anxiety Disorders Institute Resource Center Contact: Chuck Weinstein, MAE, LMHC, (781) 643-7750 or www.moodandanxiety.org</p>	<p>Bipolar Disorder</p>	<p>Support</p>	<p>Spouses and Partners of People with Bipolar Disorder</p>	<p>Newton- Wellesey Hospital Newton, MA</p>
<p>Name: Massachusetts General Hospital Social Service Department Contact: (617) 726-2640 or www.mghsocialwork.org</p>	<p>Addiction, Chronic Mental Illness, Eating Disorders, Parenting, Social Anxiety</p>	<p>Support</p>	<p>Adults, Children on Autism Spectrum, High School Teens</p>	<p>Massachusetts General Hospital Boston, MA</p>
<p>Name: McLean Hospital Contact: Department of Public Affairs, (617) 855-2110 or www.mcleanhospital.org</p>	<p>Bipolar Disorder, Depression, Obsessive-Compulsive Disorder, Personality Disorders, Substance Use</p>	<p>Support, Dialectical Behavior Therapy (DBT)</p>	<p>Adults</p>	<p>McLean Hospital Belmont, MA</p>

Source: www.moodandanxiety.org

Disclaimer. This document is intended to provide general educational information concerning mental health and health care resources. This information is not an attempt to practice medicine or to provide specific medical advice, and should not be used to make a diagnosis or to replace or overrule a qualified health care provider's judgment. The reader is advised to exercise judgment when making decisions and to consult with a qualified health care professional with respect to individual situations and for answers to personal questions.

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Questions? Email: moodandanxiety@partners.org

Last updated July 2007

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Support Groups and Psychotherapy Groups in Massachusetts

Sponsor	Topics Include	Group Type	Available for	Location
<p>Name: National Alliance on Mental Illness (NAMI) Massachusetts Chapter Contact: (781) 938-4048 or www.namimass.org</p>	<p>Bipolar Disorder, Caring for Mentally Ill Loved Ones, Depression, Eating Disorders, Obsessive-Compulsive Disorder, Schizoaffective Disorder, Schizophrenia</p>	<p>Support, Education</p>	<p>Adults, Family and Friends, Parents, Spouses and Partners</p>	<p>Many locations around Massachusetts</p>
<p>Name: National Association of Social Workers (NASW) – Massachusetts Chapter Social Work Therapy Referral Service Contact: (800) 242-9794 or www.naswma.org</p>	<p>Addictions, Adults with Asperger's Syndrome, Anxiety and Stress, Bereavement, Depression, Divorce, Eating Disorders, Parenting, Sexual and Gender Orientation Issues, Trauma</p>	<p>Therapy, Support, Dialectical Behavior Therapy (DBT)</p>	<p>Adults, Children and Adolescents</p>	<p>Many locations around Massachusetts</p>
<p>Name: North Shore Children's Hospital Family Resource Center/Behavioral Health Library Contact: (978) 354-2660 or www.nsmc.partners.org/web/support/pediatrics_resource_center</p>	<p>ADHD, Behavioral Health Disorders, Grandparents Raising Grandchildren, Parent Mentoring</p>	<p>Support, Sibling Programs (Peer-to-Peer Support)</p>	<p>Children and Adolescents, Families, Parents and Grandparents, Siblings</p>	<p>North Shore Children's Hospital Salem, MA</p>
<p>Name: Parent/Professional Advocacy League (Massachusetts Chapter of Federation of Families for Children's Mental Health) Contact: (617) 542-7860 or www.ppal.net/network.html</p>	<p>Raising Children with Behavioral, Emotional, or Neurological Special Needs</p>	<p>Support</p>	<p>Parents</p>	<p>Many locations around Massachusetts</p>

Source: www.moodandanxiety.org

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Legal/Advocacy Services

People with mental health conditions and their families may at times require legal support or advocacy services to help them navigate the legal system. The following web sites can provide you with legal and advocacy resources in the United States and Massachusetts. For information about legal/advocacy services for children with special needs, refer to the “Special Education Resources” section.

United States

National Association of Protection and Advocacy Systems (NAPAS)

Phone: (202) 408-9514

Web site: www.napas.org

NAPAS is a national association of organizations, programs and services which help people with disabilities to understand and assert their rights. For a list of disability advocacy and protection organizations by state, click on “About P&As/CAPs.” Then scroll to the bottom of the page and use the search bar to search by state, or click on “Printable Version of P&A/CAP Contact List.”

Massachusetts

Center for Public Representation

Eastern Mass Phone: (617) 965-0776

Western Mass Phone: (413) 587-6265

Web Site: www.centerforpublicrep.org

This non-profit public interest law firm provides mental health law and disability law services.

Massachusetts Legal Help

Web Site: www.masslegalthelp.org

Provided by the MassLegal Network, a project of the civil legal aid community, this web site serves to improve access to justice for low income and disadvantaged persons.

Mental Health Legal Advisors Committee (MHLAC)

Phone: (800) 342-9092, (617) 338-2345

Web Site: www.state.ma.us/mhlac

The legal staff of MHLAC provides legal referrals, information, and advice to individuals, lawyers, mental health professionals and the general public.

Disability Law Center

Phone: (800) 872-9992, (617) 723-8455

Web Site: www.dlc-ma.org

The Disability Law Center provides legal advocacy on disability issues, including protection of the legal rights of individuals with mental illness.

Special Education Resources

If your child has been diagnosed with a mood or anxiety disorder, he or she may be eligible for special education services. The resources listed below can help you understand the complex special education laws and regulations, and identify special education services and support on your child's behalf. For information about legal/advocacy services for adults, refer to the "Legal/Advocacy Services" section.

Special Education Schools

United States

National Association of Therapeutic Schools and Programs (NATSAP)

Phone: (928) 443-9505

Web site: www.natsap.org

NATSAP serves as a national resource for programs and professionals assisting young people who have emotional and behavioral difficulties. The web site provides a directory of members and their services.

U.S. Department of Education

Web site: www.ed.gov

The U.S. Department of Education's web site allows you to search for private and public schools, as well as after-school and after-care programs. Click on "Parents" and then use the navigation bar on the left to search for schools and programs by state and city or town.

Massachusetts

Massachusetts Association of 766 Approved Private Schools (MAAPS)

Phone: (781) 245-1220

Web site: www.spedschools.com

MAAPS is an association of private day and residential schools approved by the Massachusetts Department of Education under Chapter 766 to provide educational programs and services to students with special needs. This site provides a directory of MAAPS-member schools.

Massachusetts Department of Education

Phone: (781) 338-3000

Web site: www.doe.mass.edu/sped/general.html

The Department of Education provides directories of collaboratives and state-approved day and residential private special education schools, along with other information about special education.

New England Psychologist

Phone: (781) 237-9909

Web site: www.nepsy.com

New England Psychologist, a monthly print publication for licensed psychologists in the region, compiles a directory of residential schools in New England from information provided by schools in response to a questionnaire.

Special Education Support Services

United States

Federation for Children with Special Needs

Phone: (617) 236-7210

Web site: www.fcsn.org

The Federation for Children with Special Needs provides information, support, and assistance to parents of children with disabilities, their professional partners, and their communities. Its web site provides special education resources, links and news.

Federation of Families for Children's Mental Health

Phone: (703) 684-7710

Web site: www.ffcmh.org

The Federation of Families for Children's Mental Health leads a nationwide network of family-run organizations to support families raising children with mental health needs.

Independent Educational Consultants Association (IECA)

Phone: (703) 591-4850

Web site: www.iecaonline.com

IECA is a professional association of educational consultants who help students and families choose a school or college that is a good match for the student's needs. IECA's web site lists educational consultants by state and by specialty (for example, special needs, learning disabilities).

National Dissemination Center for Children with Disabilities

Phone: (800) 695-0285

Web site: www.nichcy.org

Funded by the Office of Special Education Programs (OSEP) at the U.S. Department of Education, the National Dissemination Center for Children with Disabilities connects parents with resources on behalf of infants, toddlers, children, and youth who have disabilities. Click on "State Resources" for information by state.

STARFISH Advocacy Association

Web site: www.starfishadvocacy.org

STARFISH is a parent-run organization that provides online classes, real time chat, message boards, and informational resources on a variety of topics related to children with brain disorders and their families.

Wrightslaw

Web site: www.wrightslaw.com

Wrightslaw provides information and resources related to special education law and advocacy for children with disabilities.

Massachusetts

Family TIES

Phone: (800) 905-8437

Web site: www.massfamilyties.org

Family TIES is a statewide parent organization that provides information, referrals, and a parent-to-parent support network for families of children with special needs. It is a project of the Federation for Children with Special Needs, funded by the Massachusetts Department of Public Health.

Learning Disabilities Association of Massachusetts (LDAM)

Phone: (781) 890-5399

Web site: www.ldam.org

The Service Directory on LDAM's web site provides the names of special education tutors, learning programs, and other resources related to special education.

Massachusetts Advocates for Children (MAC)

Phone: (617) 357-8431

Hotline: (617) 357-8431 extension 224

Web site: www.massadvocates.org

To protect the educational rights of children with disabilities, MAC offers advice to families over the phone, referrals for further advocacy or services, or, in some instances, a pro-bono attorney or case advocate. The web site offers materials on the educational needs of children with autism spectrum disorders, school issues for children exposed to domestic violence, and MCAS testing for students with disabilities.

Massachusetts Association of Special Education Parent Advisory Councils (MASSPAC)

Phone: (617) 962-4558

Web site: www.masspac.org

MASSPAC is a network of Special Education Parent Advisory Councils that work together to advocate for children who have special needs and learning disabilities. The web site includes information on federal and state special education laws and on selecting a special education school.

Parent/Professional Advocacy League (PAL)

Phone: (617) 542-7860

Web site: www.ppal.net

PAL is the Massachusetts Chapter of the Federation of Families for Children's Mental Health. PAL works with families and professionals, and provides support, education and advocacy on behalf of children with mental, emotional, or behavioral special needs.

Parents for Residential Reform (PFRR)

Phone: (617) 236-7210 extension 345 or Hotline: (800) 672-7084

Web site: www.pfrr.org

A Project of the Federation for Children with Special Needs, PFRR provides information about selecting and working with the staff of residential schools and group homes. The

organization offers referral services to families, training workshops to assist families in understanding their legal rights, and outreach to families who may require support.

Special Needs Advocacy Network (SPAN)

Phone: (508) 655-7999

Web site: www.SPANMASS.org

SPAN is an association of professional advocates. Professional advocates help families and students advocate for special education services that best meet the student's needs. SPAN's web site lists advocates by town in Massachusetts and by specialty.

INFORMATION & RESOURCES

The following organizations and links provide information about the diagnosis, treatment and management of a range of mental health conditions in adults, children and adolescents.

General Mental Health Issues

Healthfinder

Web site: www.healthfinder.gov

Sponsored by the National Health Information Center of the U.S. Department of Health & Human Services, this web site allows you to search for articles and web resources on a range of mental health topics. Use the search bar at the top.

Healthy Minds. Healthy Lives

Phone: (888) 35-PSYCH

Web site: www.healthyminds.org

Sponsored by the American Psychiatric Association, this web site allows you to search for information on a range of mental health topics.

Medline Plus

Web site: www.medlineplus.gov

This web site is a service provided by the National Institutes of Health and the National Library of Medicine. Click on “Drug Information” for information about medications. Click on “Health Topics” for information about mental health topics. This web site includes a medical encyclopedia and dictionary, directory, and other resources.

National Alliance on Mental Illness (NAMI)

Phone: (703) 524-7600

Web site: www.nami.org

NAMI is a self-help, support, and advocacy organization for mental health consumers and their families and friends. The organization provides information, support and resources on bipolar disorder, depression, schizophrenia, and other major mental health conditions.

National Institute of Mental Health

National Institutes of Health

U.S. Department of Health and Human Services

Phone: (866) 615-6464

Web site: www.nimh.nih.gov

The National Institute of Mental Health is the lead federal agency for research on mental and behavioral disorders. Click on “Health Information” for information about anxiety, autism, attention deficit/hyperactivity disorder, bipolar disorder, depression, schizophrenia, eating disorders, post-traumatic stress disorder, and other mental health conditions.

National Mental Health Association

Phone: (703) 684-7722

Web site: www.nmha.org

The National Mental Health Association is an education, advocacy, research and service organization that promotes mental health and wellness. Click on “Mental Health Information” for fact sheets on anxiety, children’s mental health, depression and bipolar disorder, eating disorders, substance abuse, schizophrenia, suicide, mental health in older adults, and other mental health topics.

National Mental Health Information Center Substance Abuse and Mental Health Services Administration U.S. Department of Health and Human Services

Phone: (800) 789-2647

Web site: www.mentalhealth.org

Sponsored by the U.S. Department of Health & Human Services, the National Mental Health Information Center is a gateway to information about mental health topics, services, news, publications and resources. Use the search bar or click on “Mental Health Topics” for information about children and families, disaster and trauma, HIV/AIDS, homelessness, prevention, rural mental health, women and violence, stigma, suicide, protection/advocacy, and other mental health topics.

Office of the Surgeon General U.S. Department of Health and Human Services

Web site: www.surgeongeneral.gov

The 1999 Surgeon General Report on Mental Health reports on the prevalence, characteristics, and challenges of mental health problems in children, adults, and older adults. Click on “Reports and Publications,” then “Public Health Reports of the Surgeon General” and select “All Reports.” Scroll down to the year 1999 and click on “Mental Health: A Report of the Surgeon General.”

Screening for Mental Health, Inc.

Phone: (781) 239-0071

Web site: www.mentalhealthscreening.org

This organization provides information about in-person and online screening for depression, bipolar disorder, anxiety, post-traumatic stress disorder, eating disorders, alcohol problems, and offers community-based suicide prevention programs.

Depression

Depression and Bipolar Support Alliance

Phone: (800) 826-3632

Web site: www.dbsalliance.org

The Depression and Bipolar Support Alliance educates the public, healthcare professionals, and legislators about the diagnosis and treatment of bipolar disorder and depression. Information is available on the web site about support groups, programs and publications, resources, and state chapters.

Families for Depression Awareness

Phone: (781) 890-0220

Web site: www.familyaware.org

This organization provides information and tools to help families, especially family caregivers and friends, recognize and cope with unipolar depression and bipolar depression. Family profiles, expert profiles, and resources are provided on the web site.

ParentsMedGuide

Web site: www.parentsmedguide.org

Created in 2005 by the American Psychiatric Association and the American Academy of Child & Adolescent Psychiatry, this web site provides information for parents and clinicians about appropriate care for children and adolescents with depression.

Bipolar Disorder (Manic Depression)

Child & Adolescent Bipolar Foundation

Phone: (847) 256-8525

Web site: www.bpkids.org

This parent-led, web-based support and advocacy organization serves families raising children and adolescents diagnosed with, or at risk for, early-onset bipolar disorder. The site provides access to relevant research articles, instructional materials for parents and educators, on-line support groups and message boards, and directories of local support groups and trained treatment professionals.

Depression and Bipolar Support Alliance

Phone: (800) 826-3632

Web site: www.dbsalliance.org

The Depression and Bipolar Support Alliance educates the public, healthcare professionals, and legislators about the diagnosis and treatment of bipolar disorder and depression. Information is available on the web site about support groups, programs and publications, resources, and state chapters.

Anxiety Disorders

Anxiety Disorders Association of America

Phone: (240) 485-1001

Web site: www.adaa.org

The Anxiety Disorders Association of America educates the public, healthcare professionals, and legislators about diagnosis and treatment of anxiety disorders in adults and young people, including: generalized anxiety, panic disorder and agoraphobia, obsessive-compulsive disorder, post-traumatic stress disorder, social anxiety, and phobias.

The Child Anxiety Network

Web site: www.childanxiety.net

This site contains resources for parents, children and professionals about: generalized anxiety disorder, panic disorder, separation anxiety disorder, specific phobias, selective mutism,

social phobia, obsessive-compulsive disorder and post-traumatic stress disorder. The authors of the site are faculty members of Boston University.

Obsessive-Compulsive Foundation

Phone: (203) 401-2070

Web site: www.ocfoundation.org

The Obsessive-Compulsive Foundation's membership includes professionals, individuals, and families dealing with obsessive-compulsive and related disorders. Self-help, education and support are available. "OCF's Organized Chaos" is for teens and young adults.

Attention Deficit/Hyperactivity Disorder (ADHD)

The following links provide information about the diagnosis, treatment and management of Attention Deficit/Hyperactivity Disorder (ADHD) in adults, children and adolescents.

Attention Deficit Disorder Association

Phone: (484) 945-2101

Web site: www.add.org

The Attention Deficit Disorder Association provides information, resources and networking opportunities to adults with ADHD, their families, and the professionals who work with them. The information and resources focus on diagnoses, treatments, strategies and techniques for helping adults with ADHD lead better lives. Click on "Articles" for information on ADHD coaching, organization and time management, career and workplace issues, school issues, legal issues, family issues, diagnosis and treatment, co-existing conditions, and women and ADHD.

National Resource Center on AD/HD: A Program of CHADD

Phone: (800) 233-4050

Web site: www.help4adhd.org

This resource center for professionals and the general public was created by the advocacy organization CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder), and is funded by the U.S. Centers for Disease Control and Prevention. It is a national clearinghouse for ADHD information, providing information via downloadable fact sheets, responses from information specialists to individual phone and email queries, and an online database of books and articles known as the National Resource Center on AD/HD Library. The library's collection of resources includes materials for professionals, educators, parents, and individuals with ADHD, which can be searched by topic, author, or key word. Some of the resources are available in summary form only, while others are available in full text.

Mood Disorders in Women of Reproductive Age

Premenstrual Conditions

Facts for Health

Web site: www.factsforhealth.org

Facts for Health was developed by the Madison (WI) Institute of Medicine to provide medical professionals and the general public with information about a variety of medical conditions, including premenstrual dysphoric disorder.

Pregnancy and Childbirth

Depression After Delivery

Web site: www.depressionafterdelivery.com

Depression After Delivery supports and educates women with prenatal and post-partum mood disorders. The web site provides information and resources about depression, psychosis, and other mood disorders.

Message Board: Pregnancy and Depression

sponsored by www.ivillage.com

Web site: <http://messageboards.ivillage.com/iv-pppregndep>

This is a message board for women who are experiencing depression during pregnancy or following childbirth.

Motherisk

Web site: www.motherisk.org

Motherisk, a Canada-based organization, offers women counseling and information related to health promotion and pregnancy. The web site offers information about psychiatric disorders during and after pregnancy, taking medications during pregnancy, and alcohol and drug use.

Transition to Menopause (Perimenopause)

American Menopause Foundation

Web site: www.americanmenopause.org

This organization provides support and assistance on all issues concerning menopause, via its newsletter, literature, and educational programs.

North American Menopause Society (NAMS)

Web site: www.menopause.org

The North American Menopause Society is a scientific organization with members from many disciplines: medicine, nursing, sociology, psychology, nutrition, anthropology, epidemiology, pharmacy, and education. NAMS educates healthcare providers and the public on all aspects of menopause.

Mental Health in Children & Teens

Following is a listing of web sites about young people for adult visitors, and a listing of web sites specifically geared to children, teens and young adults.

See the “Finding Treatment, Support & Services” section of this guide for information on support groups, treatment centers, advocacy organizations, and other resources to help children and teens.

For a more comprehensive listing of recommended web sites, and for more information about the mental health needs of children and teens, visit www.schoolpsychiatry.org.

Web Sites About Young People – for Adult Visitors

Massachusetts General Hospital Department of Psychiatry

Web site: www.schoolpsychiatry.org

A guide to child and adolescent mental health - by and for - parents, teachers, and clinicians. Information about anxiety, depression, bipolar disorder, attention-deficit/ hyperactivity disorder and autism spectrum disorders; online access to dozens of screening tools and rating scales to aid in assessment of school-age children; recommended interventions for the home and the classroom; treatment options including counseling and medications.

Adolescent Wellness Portal

Web site: www.AdolescentWellness.org

Resources for schools and parents regarding adolescent mental health and wellness. Downloadable materials include "Making Sense: A Parent's Guide to a Child's Psychiatric Hospitalization" and "An Adolescent Mental Health & Wellness Curriculum/A Starter Kit for Schools."

American Academy of Child & Adolescent Psychiatry

Web site: www.aacap.org

Click on "Facts for Families and Other Resources," then click on "Facts for Families."

Collaborative Problem Solving Institute

Web sites: www.ccps.info and www.thinkkids.org

To read about the Collaborative Problem Solving approach for dealing with easily frustrated, chronically inflexible children and adolescents, see the home page. For clinical services, training, research and consultation for education, mental health, and medical professionals and parents, click on the appropriate navigation bar on the left. To find out about the book *The Explosive Child*, by Ross W. Greene, PhD, click on "The Explosive Child."

eMedicine

Web site: www.emedicine.com

In the search bar in the upper left corner, type in a topic, for example, "depression" or "panic disorder." The web site requires that you create a log in and password (for free) before you are able to view the articles.

Healthfinder

Web site: www.healthfinder.gov

In the search bar at the top, type in a topic, for example, "depression" or "panic disorder."

KidsHealth

Web site: www.kidshealth.org

Separate sections for children, teens, and parents on a wide variety of health and mental health issues.

Medline Plus U.S. National Library of Medicine

Web site: www.medlineplus.gov

For information on mental health topics, click on "Health Topics." For information on medications used to treat mental health conditions, click on "Drug Information."

National Association for the Mentally Ill (NAMI)

Web site: www.nami.org

To read about a mental health issue in children or adolescents, click on "Inform Yourself"; then click on "About Mental Illness." Then scroll down to the bottom and click on "By Illness." Click on a topic of interest.

National Institute of Mental Health

Web site: www.nimh.nih.gov

Click on "Health Information," then click on "Children and Adolescents."

National Mental Health Information Center Substance Abuse and Mental Health Services Administration (SAMHSA) U.S. Department of Health and Human Services

Web site: www.mentalhealth.org

Click on "Children's Mental Health."

Screening for Mental Health, Inc.

Web site: www.mentalhealthscreening.org

Information about in-person and online screening for depression, bipolar disorder, anxiety, post-traumatic stress disorder, eating disorders, alcohol problems, and suicide prevention.

WebMD

Web site: www.webmd.com

In the search bar at the top, type in a topic, for example "autism spectrum disorders," "ADHD," "bipolar disorder," etc.

Web Sites for Kids, Teens, and Young Adults

For mental health information specifically targeted to kids, visit the sites below.

Caution: *Some of these web sites contain information about drugs, alcohol and other topics that may not be suitable for younger children. It is recommended that an adult review any web site before recommending it to a young person.*

Active Minds

www.activemindsoncampus.org

A student-run mental health web site for college students. Topics include anxiety, depression, eating disorders, suicide, bipolar disorder, schizophrenia, and post-traumatic stress disorder. Click on “Chapters” to find resources on your college campus.

Anxiety Disorders Association of America

www.adaa.org/GettingHelp/FocusOn/Children&Adolescents.asp

Includes an anxiety self-test for teens to fill out and take to a health professional. Click on “Teens! Take an Anxiety Disorders Self-Test.”

CampusBlues.com: Finding the Right Solution

www.campusblues.com

Information and resources for college students about health and mental health. Topics include depression, anxiety, stress, eating disorders, and drugs and alcohol. To find resources on your campus click on “Mental Health” then “Your Campus Resources.”

Get it Straight: The Facts About Drugs

www.usdoj.gov/dea/pubs/straight/cover.htm

Information for teens about drugs including marijuana, cocaine, heroin, methamphetamine, steroids, and prescription and non-prescription medications

HealthFinder for Kids

www.healthfinder.gov/kids/

Health information, links, games and activities for children. Topics include drugs, alcohol, nutrition, safety, and smoking

HealthFinder for Teenagers

www.healthfinder.gov/justforyou/

Health information for teens. Click on “Teens” for information about topics such as depression, stress, and drug abuse.

HighSchoolBlues.com: What's On Your Mind?

www.highschoolblues.com

Information for high school students on health and mental health topics, such as body image, depression, smoking, and stress

KidsHealth for Kids

www.kidshealth.org/kid/

Information for elementary age children on dealing with feelings, staying healthy, and growing up, as well as games and activities to help children learn more about the human body

KidsHealth for Teens

<http://www.kidshealth.org/teen/>

Information for teens on mental, physical and sexual health; drugs and alcohol; school-related issues; food and fitness; and staying safe

MindZone – A mental health site for teens

www.copecaredeal.org/

A mental health site for teens who want information about mental health topics for themselves or their friends. Topics include anxiety, stress, depression, bipolar disorder, schizophrenia and suicide.

National Institute on Drug Abuse

www.nida.nih.gov/NIDAHome.html

Information for children, teens and young adults. Click on “Students & Young Adults” for information and resources about topics including drugs, smoking, marijuana, and steroids

Nonverbal Learning Disorders

www.nldline.com

Includes activities and stories for children and teens. To view these, click on “Fun and Games,” “Kids Room,” “Memory,” or “Teen Stories”.

Obsessive-Compulsive Foundation

www.ocfoundation.org/organizedchaos/

Includes an online web magazine written by young people with obsessive-compulsive disorder (OCD), as well as OCD experts

Online Asperger Information & Support (OASIS)

www.udel.edu/bkirby/asperger/

Includes links to web sites created by and for children with Asperger Syndrome and related disorders. To view these links, click on “Kids’ Corner”.

Prevent Mental Illness

www.preventmentalillness.org/

A mental health site for teens who want information about mental health topics for themselves or their friends. Topics include: self-help, how to know if you need help from an adult, and how to get help.

The Young Teens Place for Info on Alcohol and Resisting Peer Pressure – “The Cool Spot”

www.thecoolspot.gov

Information and strategies for young teens on alcohol and resisting peer pressure

SOURCES FOR IN-DEPTH INFORMATION

Books

A number of mental health advocacy organizations provide book recommendations. Their book recommendations typically are peer-reviewed by specially appointed boards or committees. Book recommendations can be obtained from the following organizations:

Anxiety Disorders Association of America

Phone: (240) 485-1001

Web site: www.adaa.org

Click on “Bookstore.”

Child & Adolescent Bipolar Foundation

Phone: (847) 256-8525

Web site: www.bpkids.org

Click on “Bookstore.”

Child Anxiety Network

Web site: www.childanxiety.net

Click on “Resources for Parents and Children,” then scroll down to “The Book Store.”

Depression & Bipolar Support Alliance

Phone: (800) 826-3632

Web site: www.dbsalliance.org

Click on “Store” and then click on “Online Bookstore.”

Manic-Depressive & Depressive Association of Boston An Affiliated Chapter of the Depression & Bipolar Support Alliance

Phone: (617) 855-2795

Web site: www.mddaboston.org

Click on “MDDA Bookstore.”

National Alliance for Mental Illness

Phone: (800) 950-NAMI

Web site: www.nami.org

Click “NAMI Store,” then click on “Books/Publications.”

Obsessive-Compulsive Foundation

Phone: (203) 401-2070

Web site: www.ocfoundation.org

Scroll down the menu to “OCF Bookstore”

Journal & Consumer Articles

The latest advances in the field of mental health are described in newsletters, journal articles, and abstracts available from these sources:

Mind, Mood & Memory

Phone (for subscriptions only; toll-free): (866) 848-2412

Mind, Mood and Memory is a monthly newsletter of the Massachusetts General Hospital Department of Psychiatry. The newsletter, targeted to men and women approaching their 60th birthday and beyond, explains the latest mental health research findings and offers an “ask the doctor” column. You can subscribe to this newsletter by calling the toll-free number above, or by going online to: <https://secure.belvoir.com/belvoir/cgi-bin/udt/sm3.offer.view?id=35>.

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Phone (for subscriptions, toll-free): (877) 575-HOPE (4673)

Web: www.bphope.com

This publication is for people who have bipolar disorder and their families. Published quarterly, this magazine is dedicated to providing a community for people with shared concerns and varied experiences. The magazine presents a mix of the latest information about bipolar disorder as well as personal stories of challenges and successes.

Child & Adolescent Bipolar Foundation, Learning Center

Web site: www.bpkids.org (Select “Learning Center”)

The Learning Center provides abstracts and full-text versions of numerous peer-reviewed, scientific and professional journal articles on pediatric bipolar disorder. It also provides online audio and video presentations as well as articles from the popular press.

McMan’s Depression and Bipolar Weekly

Web site: www.mcmanweb.com

This is a free, online newsletter devoted to developments in understanding depressive disorders. The author, John McManamy, also has written more than 300 articles and posted them on his web site.

MEDLINE Plus

Web site: www.medlineplus.gov

This service of the National Library of Medicine helps the public stay abreast of advances in research and clinical studies. Medline Plus has extensive, clearly written information from the National Institutes of Health and other trusted sources on over 700 diseases and conditions. Resources include a medical encyclopedia and a medical dictionary, extensive information on prescription and non-prescription drugs, and links to directories of providers, facilities, and clinical trials.

PubMed

Web site: www.pubmed.gov

This service of the National Library of Medicine allows access to abstracts and full-text articles in medical journals. Articles can be located by topic, key word, author, or title, and through links to similar articles.

Online Videos

You can view free, online lectures by Massachusetts General Hospital's mental health specialists in the privacy of your own home. The lectures feature researchers and clinicians from Massachusetts General Hospital's Department of Psychiatry talking about a range of mental health and wellness topics. The online lectures are intended for anyone affected by a psychiatric illness (such as depression, anxiety, bipolar disorder or schizophrenia), family members, friends, caregivers and co-workers.

Topics include:

- Understanding Bipolar Disorder and Depression
- Understanding Anxiety Disorders
- Mental Health Conditions in the Teenage Years
- Mental Health and Wellness Series (including: risks and benefits of medications, cognitive-behavior therapy, children's mental health, alternative and complementary medicine, and more)

These online lectures are available on the Mood & Anxiety Disorders Institute Resource Center's web site at www.moodandanxiety.org. To select and view videos, click on "Video Viewing Library" on the home page. Questions? Call 617-724-8318.

Consumer Libraries / Resource Centers in Greater Boston

Partners HealthCare Consumer Libraries / Resource Centers

Partners HealthCare System, the parent organization of Massachusetts General Hospital, is an integrated healthcare network of hospitals and medical professionals. Partners HealthCare (www.partners.org) offers several consumer libraries/resource centers in the Boston, MA area where you can go to find information about mental health issues. The libraries and resource centers are staffed by knowledgeable individuals who can help you locate a wide range of mental health information and resources. The resource centers and libraries include:

The Maxwell and Eleanor Blum Patient and Family Learning Center Massachusetts General Hospital, Boston, Massachusetts

Phone: (617) 724-PFLC

Web site: www.massgeneral.org/pflc

**The Jonathan O. Cole Mental Health Consumer Resource Center
McLean Hospital, Belmont, Massachusetts**

Phone: (617) 855-3298

Web site: www.coleresourcecenter.org

**The Family Resource Center/Behavioral Health Library
North Shore Children's Hospital, Salem, Massachusetts**

Phone: (978) 354-2660

Web site: www.nsmc.partners.org/web/support/pediatrics_resource_center

The Kessler Health Education Library

Brigham and Women's Hospital, Boston, Massachusetts

Phone: (617) 732-8103

Web site: www.brighamandwomens.org/healtheducation

The Patient/Family Resource Center

Faulkner Hospital, Boston, Massachusetts

Phone: (617) 983-7371

Web site: www.faulknerhospital.org/general_resource.html

ARCH – Access to Resources for Community Health

Massachusetts General Hospital, Revere, Massachusetts

Phone: (781) 485-6477

Web site: www.mgh.harvard.edu/library/arch/arch.asp

ABOUT US

Mission

The mission of the Mood & Anxiety Disorders Institute (MADI) Resource Center is to educate patients, families, caregivers and the community about mood and anxiety disorders in order to increase understanding, instill hope, facilitate recovery, and improve lives.

The MADI Resource Center

Made possible by the generosity of foundation and individual donors, the MADI Resource Center was established in the year 2000 in the Department of Psychiatry at Massachusetts General Hospital.

The Center translates the latest research advances into practical information to help people work with their doctors toward the most accurate diagnosis and best possible treatment results. The Center offers information, resources and support through its web sites, reading materials, support groups, and seminars for the public – all free of charge.

Recent public education programs have featured leading researchers presenting findings on a broad range of mental health topics including: depression, bipolar disorder, anxiety disorders, alternative and complementary medicine, mental health in teens, and mood and memory in older adults.

In order to raise awareness of the unique challenges that people with mental health conditions and their families often face in the community, and to promote the highest quality mental health care, the MADI Resource Center provides educational opportunities for professionals such as counselors, nurses, educators and professionals in the legal field.

Services & Programs

Outreach

- **Community education programs:** Free community education programs featuring lectures by researchers and clinicians from the Massachusetts General Hospital Department of Psychiatry
- **Educational forums for professionals:** Mental health education programs tailored for professionals in health care, law, education, and other fields

- **Support groups for spouses/partners of people with bipolar disorder:** Groups meet two Thursday evenings per month in Newton, MA. For information, contact: Chuck Weinstein, MAE, LMHC at (781) 643-7750.
- **Mental health resource guide and literature:** Free guide to mental health resources in the United States and Massachusetts; free articles and fact sheets
- **Video viewing library:** Free online videos featuring lectures by researchers and clinicians from the Massachusetts General Hospital Department of Psychiatry Web: www.massgeneral.org/madiresourcecenter/moodandanxietyvideos.asp
- **Library and Internet access:** Mental health literature and information available through the Blum Patient and Family Learning Center at Massachusetts General Hospital. Librarians are on-hand to assist. Phone: (617) 724-PFLC Web: www.massgeneral.org/pflc

Online resources

- **www.moodandanxiety.org** - A guide to mental health resources in Massachusetts and the United States
- **www.schoolpsychiatry.org** - A guide to child and adolescent mental health created *by and for* parents, educators, and clinicians

Staff & Advisors

The Mood & Anxiety Disorders Institute (MADI) Resource Center is directed by Ms. Karen Blumenfeld, who received her MBA from Yale University, MSW from the University of Michigan School of Social Work, and BA in Psychology from Smith College. The Center has a dedicated staff that is supported by the full breadth of resources in the Massachusetts General Hospital Psychiatry Department.

The MADI Resource Center's Advisors are made up of leading mental health professionals as well as lay people who are passionate about educating patients, families and the community, and are deeply committed to the MADI Resource Center's mission.

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Disclosure Statements

Medical advisors' and content reviewers' disclosure statements are available upon request to moodandanxiety@partners.org. Disclosure statements are standard reports of financial and professional interests, including pharmaceutical and/or medical company affiliations, honoraria, research funding, and memberships on advisory boards. Disclosure statements help identify potential conflicts of interest that could arise as a result of these relationships.

Massachusetts General Hospital

Founded in 1811, **Massachusetts General Hospital** is the third oldest general hospital in the United States and the oldest and largest in New England. The 868-bed world-renowned medical center offers sophisticated diagnostic and therapeutic care in virtually every specialty and subspecialty of medicine and surgery. Each year, MGH admits approximately 42,000 inpatients and handles more than 1.2 million outpatient visits. Its emergency services handle nearly 75,000 visits annually. MGH is the largest non-government employer in the city of Boston, with more than 16,000 employees, including a nursing staff of 2,900 and a 3,700 member medical staff. (www.massgeneral.org)

The Massachusetts General Hospital **Department of Psychiatry** was established in 1934. In the course of seven decades, its scientists and clinicians have made significant contributions to the understanding and treatment of mental health disorders. Today, the Department includes more than 600 affiliated psychiatrists and psychologists who have maintained and advanced the tradition of excellence in patient care, research, and teaching. The Department has the largest clinical research program in the hospital, which includes research in neuroscience, genetics, and the assessment of new and established treatments for mental health disorders. The Department recently launched the Psychiatry Academy, now with over 30,000 members, to bring high quality, objective continuing medical education to psychiatrists, primary care doctors, psychologists, social workers, and other health professionals around the world through live programming and the internet. The Department of Psychiatry has earned the #1 ranking in psychiatry in the *U.S. News & World Report* annual survey "America's Best Hospitals" each year since 1996. (www.massgeneral.org/allpsych)

Partners HealthCare

Massachusetts General Hospital is part of **Partners HealthCare System, Inc.**, an integrated network of hospitals and medical professionals. In March 1994, Massachusetts General Hospital joined with Brigham and Women's Hospital to form Partners HealthCare System, Inc. In addition to the founding institutions, Partners HealthCare System now includes McLean Hospital (a psychiatric facility in Belmont, MA) as well as Spaulding Rehabilitation Hospital, North Shore Medical Center, Newton-Wellesley Hospital, Faulkner Hospital, and a number of home health agencies. Partners' physician network, Partners Community HealthCare Inc., currently includes more than 1,000 primary care physicians and 3,000 specialists. Partners is also involved in a collaborative program for adult oncology with Dana-Farber Cancer Institute. (www.partners.org)

HOW YOU CAN HELP

Charitable contributions are an increasingly important source of support for research, public education, and clinical care in the Department of Psychiatry at Massachusetts General Hospital. Our public education programs and materials are made possible entirely by the generosity of individual and foundation donors. We welcome and appreciate contributions of any size.

To make a gift to support the public education efforts of the Department of Psychiatry, please contact the Massachusetts General Hospital Development Office toll free at 877-MGH-7733 or visit us online at www.mghfund.org. For information on specific needs and giving opportunities, please call the Director of Development for Psychiatry at 617-724-8799.

Please mention that your donation is for the MADI Resource Center of the Department of Psychiatry

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