

ONLINE RESOURCES FOR CLIENTS

SUICIDAL THOUGHTS

Suicide Prevention Lifeline

1-800-273-TALK (8255) or online chat:

<https://suicidepreventionlifeline.org/>

QPR Suicide Prevention Training for individuals, organizations or professionals

<https://qprinstitute.com/>

ALCOHOL & DRUG USE

- SAMHSA
<https://www.samhsa.gov/>
- Drug & Alcohol Addiction Treatment Options
<https://www.psychom.net/depression.central.substance.html>
- Alcohol Use Disorder Screener / Quiz
<https://www.psychom.net/am-i-an-alcoholic-alcohol-use-disorder>

ANXIETY & DEPRESSION

- Resources for Anxiety
<https://adaa.org/living-with-anxiety/ask-and-learn/resources>
- Exercise Instead of Medication for Depression
<https://www.theatlantic.com/health/archive/2014/03/for-depression-prescribing-exercise-before-medication/284587/>
- Exercise: Help for Depression
<https://psychcentral.com/blog/3-ways-to-beat-depression-through-exercise/>
- Treatment Resistant Depression
<https://www.healthline.com/health/treatment-resistant-depression#treatment>
- Deal with Depression
<https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-depression/>



- Diet & Depression
https://www.npr.org/sections/thesalt/2019/10/09/768665411/changing-your-diet-can-help-tamp-down-depression-boost-mood?utm_source=npr_newsletter&utm_medium=email&utm_content=20191013&utm_campaign=best-of-npr&utm_id=12473460&orgid=
- Best Apps of 2019 for Decreasing Anxiety
<https://www.healthline.com/health/anxiety/top-iphone-android-apps>

VAPING & TEENS

How Vaping Affects The Teen Brain

<https://www.npr.org/sections/health-shots/2019/10/10/768588170/how-vaping-nicotine-can-affect-a-teenage-brain>

CAREER

National Career Development Association

<https://www.ncda.org/aws/NCDA/pt/sp/resources>

GRIEF & LOSS

Coping with Grief <https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>

LGBTQ

- GLAAD
<https://www.glaad.org/resourcelist>
- The Trevor Project
<https://www.thetrevorproject.org/>
- Human Rights Campaign
<https://www.hrc.org/>

PARENTING

- Love & Logic for Parents
<https://www.loveandlogic.com/articles-advice/parents>
- Parenting Teens (& much more)
<https://www.psychologytoday.com/us/blog/communication-success/201507/7-keys-handling-difficult-teenagers>
- Child Welfare Information Gateway
<https://www.childwelfare.gov/topics/preventing/promoting/parenting/>
- Child Development Institute – Playing with Your Child
<https://childdevelopmentinfo.com/child-development/play-work-of-children/pl5/#gs.961543>



SELF-ESTEEM & CONFIDENCE



- How to Increase Self Worth
<https://positivepsychology.com/self-worth/>
- Improve Self Esteem
<https://www.psychologytoday.com/us/blog/nurturing-self-compassion/201703/8-steps-improving-your-self-esteem>
- TED Talk About Ways to Build Self Esteem
<https://ideas.ted.com/5-ways-to-build-lasting-self-esteem/>

Phone Apps to Increase Self-Esteem and Confidence

- [HelloMind](#)
- [ThinkUp](#)
- [Happier](#)
- [Cognitive Diary](#)
- [Shine](#)
- [Build Confidence \(\\$2.99\)](#)

TRAUMA

Child Mind Institute

<https://childmind.org/our-impact/trauma-response/guides/>

TriState Trauma Network

<https://www.tristatetraumanetwork.org/resources/>

Free PTSD Test

<https://www.psycom.net/ptsd-test/>

TYPE 1 DIABETES

- Diabetes Support Groups
<https://www.jdrf.org/swo/2015/10/14/local-support-groups/>
- Get personal help from a JDRF Volunteer
<https://www.jdrf.org/t1d-resources/t1d-connections/request-outreach-volunteer-parent/>
- Safe Diabetes Sitter Guide
<http://main.diabetes.org/dorg/PDFs/living-with-diabetes/safe-diabetes-sitter.pdf>
- Safe Sittings (babysitters who know diabetes)
<https://safesittings.org/family-registration/>
- Child with Diabetes Resources
<https://childrenwithdiabetes.com/i-need-help/>



Cincinnati Counseling
and
Play Therapy



- Diabetes Distress Online Scale / Questionnaire
<https://diabetesdistress.org/t1-dds-questions>
 - Best Apps for Diabetes 2019
<https://www.healthline.com/health/diabetes/top-iphone-android-apps>
 - Peer Support Resources Diabetes
<https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/peer-support/peer-support-tip-sheet---color-version.pdf?sfvrsn=4>
 - Dealing with Difficult Emotions Tied to Diabetes
<https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources/mental-health>
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GENERAL RESOURCES

Online Forums and Support Groups at PsychCentral

<https://psychcentralforums.com/>

Apps for Mental Health on PsyCom

<https://www.psycom.net/25-best-mental-health-apps>

Mental Health America

Info about diagnoses

<https://www.mhanational.org/conditions/view-all>

NIH National Institute of Mental Health

<https://www.nimh.nih.gov/health/topics/index.shtml>

NAMI [National Alliance on Mental Illness]

<https://namiswoh.org/>

Cincinnati Counseling & Play Therapy
4424 Carver Woods Drive, Suite 100
Cincinnati, OH 45242
www.cincinnatipt.com
(513) 449-0799