



Health & Psychology Links

The internet can be a valuable source of information on the health and well-being of your child. Listed below are sites that may you may find helpful for your child or teenager. However, it should be noted that the internet is not a substation for discussing concerns with your doctor.

CHILD & TEEN HEALTH

www.webmd.com

WebMD is one of the most widely used websites for health information about multiple illnesses and conditions, personal wellness, and health news information.

www.kidsgrowth.com

A website developed by pediatricians covering both childhood development, medical conditions, and behavior topics.

www.cfw.tufts.edu

This website was created by Tufts University and provides a directory that evaluates, describes, and provides links to multiple sites containing information on family/parenting, education/learning, child development, health & mental health, and resources/recreation.

CHILD & TEEN MENTAL HEALTH

www.adaa.org

Website for the Anxiety Disorders Association of America (ADAA), a non-profit organization whose mission is to “promote the prevention, treatment and cure of anxiety disorders, and to improve the lives of all people who suffer from them.” Contains comprehensive information on Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Disorder, Social Phobia, Post Traumatic Stress Disorder (PTSD), and other specific phobias.

www.chadd.org

Website for Children & Adults with Attention-Deficit/ Hyperactivity Disorder, the nation’s leading non-profit organization serving individuals with ADHD and their families. Website contains comprehensive information on ADHD, resources, information on workshops, the latest research and how to find support.

www.selectivemutism.org

Website of the Selective Mutism Group & Childhood Anxiety Network. Provides information about selective mutism for parents and teachers, treatment, resources, articles, and access to a selective mutism parent/community chat room.

www.trich.org

Website of the Trichotillomania Learning Center, a non-profit resource founded in 1990, for obsessive hair pullers and skin pickers, their families and friends. Provides information about trichotillomania, treatment, resources, conferences/workshops, and support.

www.ocfoundation.org

Website of the Obsessive-Compulsive Foundation, an international non-profit organization, founded in 1986, whose mission is to educate the public about Obsessive Compulsive Disorder and related disorders, to provide assistance to those with OCD and to support research. Website provides information on both pediatric and adult OCD, resources, workshops, and support.

www.bpkids.org

Website of the Child & Adolescent Bipolar Foundation whose mission is to “educate families, professionals, and the public about pediatric bipolar disorder; connect families with resources and support; advocate for and empower affected families; and support research on pediatric bipolar disorder and its cure”. Provides information on bipolar disorder, treatment, resources, and support.

www.ldaamerica.org

Website for the Learning Disabilities Association of America, founded in 1963 to provide support to people with learning disabilities, their parents, teachers and other professionals. LDAA provides cutting edge information on learning disabilities, practical solutions, and a comprehensive network of resources. These services make the Learning Disabilities Association of America the leading resource for information on learning disabilities.

www.autism-society.org

Website for the Autism Society of America, whose goal is to promote education, awareness, and advocacy in the area of autism. Provides educational information, resources, and avenues of support.

PARENTING

www.kidshealth.org

Website with separate sections for parents, children, and teens. Parent section contains information about practical parenting tips and advice. Also provides information on medical issues, emotions & behavior, and nutrition & fitness.

www.tnpc.com

Site for the National Parenting Center, which provides comprehensive parenting advice and information.

FOR TEENS

www.teengrowth.com

Interactive website “just for teens” with information tailored to the health and well-being of teenagers.

www.kidshealth.org

Comprehensive website with separate sections for parents, children, and teens. The teen link contains information on relationships, food & fitness, health and mental health issues, body & mind, and school & jobs.