

Some Web resources on
substance abuse, mental
health, and coping.





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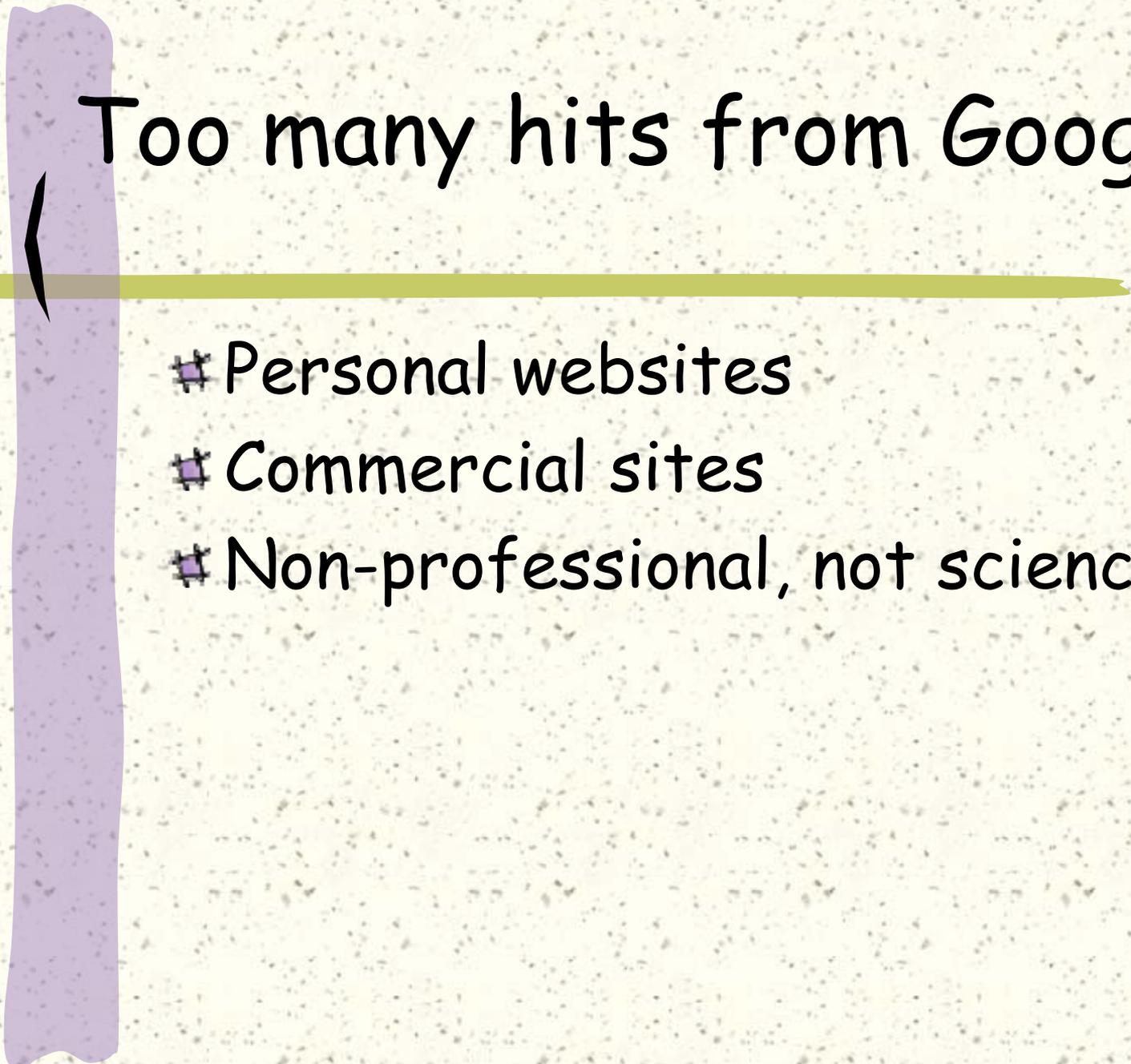
Librarians are trained to:

- # Connect people who have questions with the information they need to answer their questions
- # Teach skills for finding and evaluating information resources

Why would you need information on substance abuse, mental health, and coping?

- # You come across a term or concept you haven't heard before
- # You have a school assignment
- # You have concerns for yourself, friends, or family: support

Too many hits from Google



- # Personal websites
- # Commercial sites
- # Non-professional, not science-based

My selections

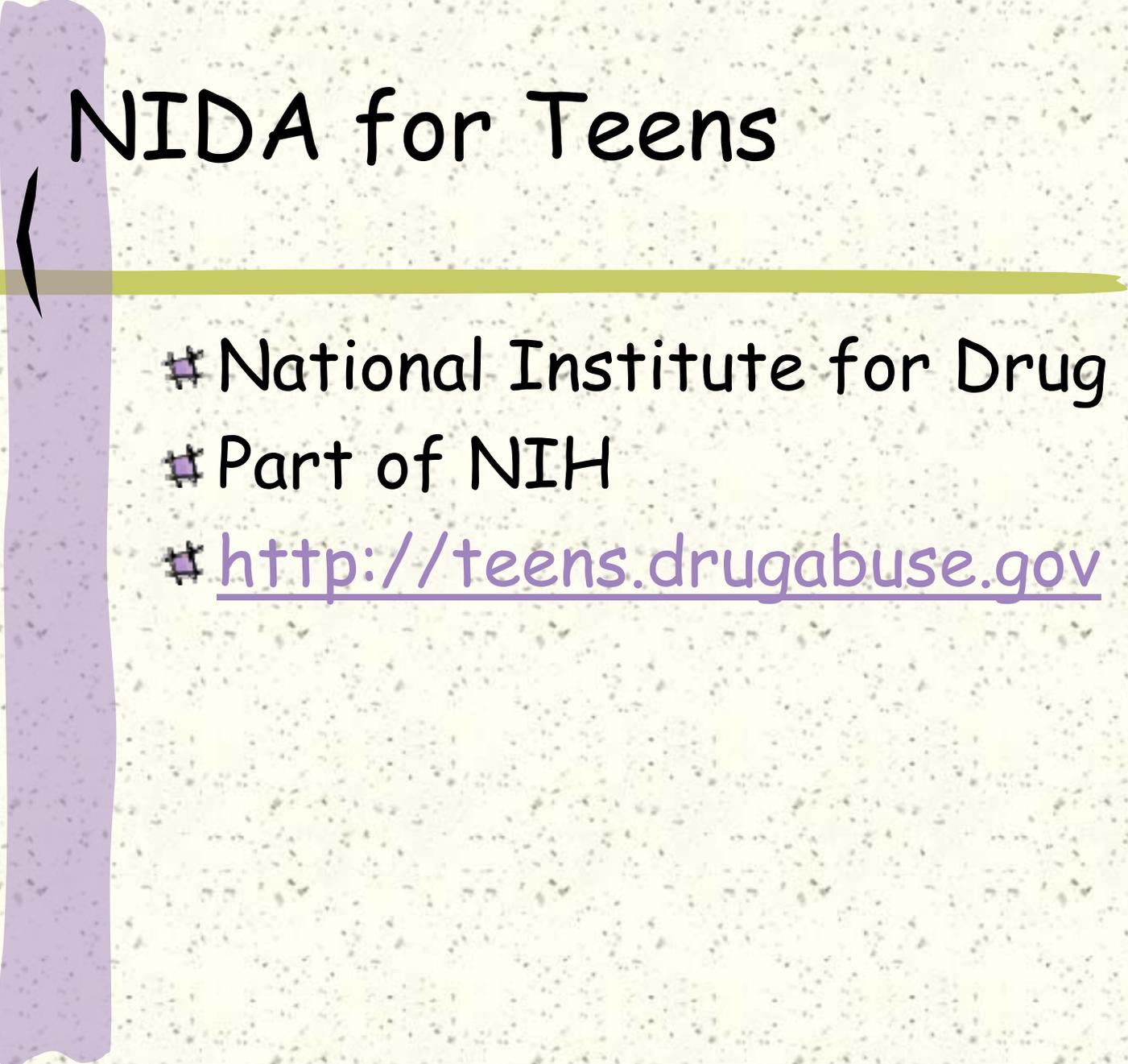
- # Science-backed
- # Government sites (.gov)
- # University sites (.edu)
- # Reliable organizations specializing in these fields.

Remember:



- # If you have serious concerns about your or someone else's physical or mental health, don't depend on the Web
- # Ask your parents, the school nurse, or your doctor.

NIDA for Teens



- # National Institute for Drug Abuse
- # Part of NIH
- # <http://teens.drugabuse.gov>

NIDA for teens

- # General information: Yes
- # Homework/research: Yes
- # Support: some
- # Fun and Games: Yes

Go Ask Alice

- # Health Educators and professionals from Columbia University
- # <http://www.goaskalice.columbia.edu>
- # Primarily a support site
- # Q and A on a wide range of health topics, including substance abuse and mental health

MedlinePlus

- # U. S. National Library of Medicine, part of NIH
- # A large "library" of documents and other information resources from government agencies and reliable organizations
- # <http://medlineplus.gov>

MedlinePlus - home page

- # General information: yes
- # Homework/research: yes, but varies by topic
- # Support: some, but varies by topic
- # Fun and games: yes

MedlinePlus - Health topics - Children and teens

- # Pages on children and adolescents are collected from the larger health topics list
- # General information: Yes
- # Homework: yes, varies by topic
- # Support: some, for you and your parents, varies by topic
- # Fun and games: varies by topic

MedlinePlus - Health Topics - Substance Abuse Problems

- # General information: yes
- # Homework/research: yes
- # Support: some, varies by topic
- # Fun and games: occasionally

Nemours Foundation - Teens Health

- # Runs Children's specialty hospitals and clinics in Southeastern U.S.
- # Patient education initiative
- # <http://kidshealth.org/teen>

Nemours Foundation - Teens Health

- # General information: yes
- # Homework/research: may not be "academic" enough for some assignments
- # Support: yes, for you and your parents
- # Fun and Games: No

NCHS-FastStats

- # National Center for Health Statistics-CDC
- # <http://www.cdc.gov/nchs/fastats/default.htm>
- # Great data, but may be challenging to find

NCHS-FastStats

- # General information - yes, on links to other sites
- # Homework/research: yes
- # Support: No, primarily a factual site
- # Fun and Games: No