

RESOURCES ON ---

ANXIETY --

National Anxiety Foundation

<http://lexington-on-line.com/naf.html>

Anxiety Disorders Foundation

<http://www.anxietydisordersfoundation.org/>

National Institute of Mental health

<http://www.nimh.nih.gov/index.shtml>

Mental Health Net

<http://www.mentalhelp.net/>

Anxiety Network

<http://anxietynetwork.com/>

DEPRESSION --

National Depression &
Manic-Depression Association

<http://www.ndmda.org/>

Psych Central

<http://psychcentral.com/disorders/depression/>

Web MD

<http://www.webmd.com/depression/default.htm>

Kid's Health

http://kidshealth.org/parent/emotions/feelings/understanding_depression.html