

**Best Online Resources to Help Professionals Help Their Clients Empower Themselves**

Here is a list of some of the best online resources to help professionals help individuals with psychiatric diagnoses empower themselves, or to help the individuals directly. These recommendations were compiled specifically for TCRBH by Susan rogers, Director, National Mental Health Consumers’ Self-Help Clearinghouse, a program funded by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA).

* **The five consumer and consumer-supporter national technical assistance centers** serving the consumer/ survivor movement, funded through grants from the Substance Abuse and Mental Health Services Administration (SAMHSA), work to strengthen and enhance consumer/survivor-directed approaches, recovery concepts and empowerment for adults with mental health and/or co-occurring substance use challenges. The five centers are:
  + [**National Mental Health Consumers’ Self-Help Clearinghouse**](http://www.mhselfhelp.org) **– http://www.mhselfhelp.org**
  + [**National Empowerment Center Technical Assistance Center**](http://www.power2u.org/) **- http://www.power2u.org/**
  + [**Peerlink National Technical Assistance Center**](http://www.peerlinktac.org/) **- http://www.peerlinktac.org/**
  + [**NAMI STAR Center**](http://www.consumerstar.org/) **- http://www.consumerstar.org/**
  + [**Café Technical Assistance Center**](http://cafetacenter.net/) **- http://cafetacenter.net/**
* [**The National Coalition for Mental Health Recovery**](http://ncmhr.org/)  - **http://ncmhr.org/** - comprises statewide consumer/survivor organizations as well as individuals. Its mission is to “ensure that consumer/survivors have a major voice in the development and implementation of health care, mental health, and social policies at the state and national levels, empowering people to recover and lead a full life in the community.”
* [**The Judge David L. Bazelon Center for Mental Health Law**](http://www.bazelon.org/) **- http://www.bazelon.org/ -**  is “a nonprofit organization devoted to improving the lives of people with mental illness through changes in policy and law.”
* [**SAMHSA’s Resource Center to Promote Acceptance, dignity and Social Inclusion Association with Mental Health (ADS Center)**](http://www.stopstigma.samhsa.gov/) **http://www.mentalhealthexcellence.org/ -** “provides information and assistance to develop successful efforts to counteract prejudice and discrimination and promote social inclusion.”
* [**The Foundation for Excellence in Mental Health Care**](http://www.mentalhealthexcellence.org/) -**http://www.mentalhealthexcellence.org/** - “was created to find and promote the best ways to achieve long-term recovery and help people with mental health challenges to thrive.”
* [**The Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities**](http://tucollaborative.org/)  - **http://tucollaborative.org**/ - is funded by the National Institute on Disability and Rehabilitation Research “to conduct state-of-the-art research and knowledge translation activities to improve opportunities for community inclusion of people with psychiatric disabilities.”
* [**The Center on Adherence and Self-Determination (CASD)**](http://www.adherenceandselfdetermination.org/) **- http://www.adherenceandselfdetermination.org/ - funded** by the National Institute of Mental Health, “conducts research aimed at promoting choice and full engagement in services that help people with serious mental illnesses achieve their recovery goals.”
* [**The Substance Abuse and Mental Health Services Administration’s**](http://www.samhsa.gov/) - **http://www.samhsa.gov/** - mission is “to reduce the impact of substance abuse and mental illness on America’s communities.”
* [**The Law Project for Psychiatric Rights (PsychRights)**](http://psychrights.org/) - **http://psychrights.org/** -is “a nonprofit, tax-exempt 501(c)(3) public interest law firm whose mission is to mount a strategic legal campaign against force psychiatric drugging and electroshock in the United States akin to what Thurgood Marshall and the NAACP mounted in the 40’s and 50’s on behalf of African American civil rights.”
* [**MindFreedom International**](http://www.mindfreedom.org/) **- http://www.mindfreedom.org/** - is “an independent nonprofit that unites 100 grassroots groups and thousands of members to peacefully take action for human rights in the mental health system.”
* [**The Hearing Voices Network (HVN)**](http://www.hearing-voices.org/) - http**://www.hearing-voices.org/** - USA is “one of over 20 nationally based networks around the world joined by shared goals and values, incorporating a fundamental belief that there are many ways to understand the experience of hearing voices and other unusual or extreme experiences.
* [**The Copeland Center for Wellness and Recovery**](http://copelandcenter.com/) - **http://copelandcenter.com/** - “promotes wellness and empowerment through the use of the Wellness Recovery Action Plan (WRAP©).
* [**The Freedom Center**](http://www.freedom-center.org/) - **http://www.freedom-center.org/** - is “a support and activism community run by and for people labeled with severe ‘mental disorders.’”
* [**The National Association of Peer Specialists**](http://www.naops.org/) **- http://www.naops.org/** - is “dedicated to promoting peer specialist throughout the United States.”
* [**SAMHSA’s National Center for Trauma-Informed Care**](http://www.samhsa.gov/nctic/) - **http://www.samhsa.gov/nctic/** - is “a technical assistance center dedicated to bu9ilding awareness of trauma-informed care and promoting the implementation of trauma-informed practices in programs and services.”
* [**Disability Research Right to Know**](http://www.bu.edu/drrk/), - **http://www.bu.edu/drrk/**  -a program of the Boston university Center for Psychiatric Rehabilitation, is “a resource for consumers, researchers, providers, policy makers and their associations.”
* [**Depression Bipolar Support Alliance**](http://www.dbsalliance.org) - **http://www.dbsalliance.org** - is an organization of individuals diagnosed with depression or bipolar disorder.
* [**Pysch Central**](http://psychcentral.com/) - **http://psychcentral.com/**  - is “a place where people can ask and answer questions about mental health and relationship issues in a safe an supportive environment.”
* [**The Icarus Project**](http://theicarusproject.net/) - **http://theicarusproject.net/** - is “a network of people living with and/or affected by experiences that are commonly diagnosed and labeled as psychiatric conditions.”
* [**Washington State Coalition for mental health Reporting**](http://depts.washington.edu/mhreport/) - **http://depts.washington.edu/mhreport/** - : “The purpose of this website is to provide tools and information for news organizations, journalists, journalism educators and a broad coalition of news story informants on ways to improve reporting on mental health issues.”