

Resources Directory

Addiction

Adult Children of Alcoholics <http://www.adultchildren.org/>

Al-Anon/ Alateen <http://www.al-anon.org/>

Alcoholics Anonymous <http://www.aa.org>

Gambling <http://www.gamblersanonymous.org/>

Narcotics Anonymous <https://www.na.org/>

The Office of National Drug Control Policy <http://www.whitehousedrugpolicy.gov/index.html>

Adoption

Adopt us kids <http://adoptuskids.org/> This is a national photo listing service for children awaiting adoption across the United States.

Child Welfare Information Gateway <http://www.childwelfare.gov/adoption/index.cfm> A service of the Children's Bureau, Administration for Children and Families, U.S Department of Health and Human Services, we provide access to print and electronic publications, websites, and online databases covering a wide range of topics from prevention to permanency, including child welfare, child abuse and neglect, adoption, search and reunion, and much more.

National Adoption Foundation www.naf.fundly.com. The mission of the National Adoption Foundation is to provide financial assistance, services and support to families, before, during and after their adoptions are finalized.

Aging

Aging Parents and Elder Care <http://www.aging-parents-and-elder-care.com/index.html> Whether you care for aging parents in your home, or manage elder care plans from a distance, most of us don't know where to go for reliable answers...or even what questions to ask. Here's help.

Ohio Department of Aging <http://aging.ohio.gov/information/oda> **Our Mission:** To provide leadership for the delivery of services and supports that improve and promote quality of life and personal choice for older Ohioans, adults with disabilities, their families and their caregivers. Links are provided to connect with the 11 Area Agencies on Aging. The site also includes information related to long term care, and includes a link to the National Clearinghouse for Long-Term Care.

Alzheimer's Association <http://www.alz.org/index.asp> on this site you can find information about the disease, care giving resources and their advocacy efforts.

American Association of Retired Persons <http://www.aarp.org>. A non-profit organization for people over 50 years of age. They offer information, services, education and advocacy to enhance the quality of life for their targeted population.

Medicare <http://www.medicare.gov> The comprehensive site to determine eligibility, benefits and plans.

Nursing home compare <http://www.medicare.gov/nursinghomecompare> Compare any Medicaid or Medicare nursing home.

Anger Management

American Psychological Association <http://www.apa.org/topics/controlanger.html> Provides a good overview of the topic and helpful strategies.

Care Giving

Cancer care giving <http://www.cancer.org/docroot/home/index.asp> This is the site from the American Cancer Society. Here you'll find medical information, treatment decision tools, news updates, and support resources. You can also read about survivors' experiences, find hope, and inspire others.

Child Care

Child care resources <http://ifs.ohio.gov/cdc/families.stm> A very comprehensive site administered by the Ohio Dept. of jobs and Family Services. There are listings and links related to finding child care, family resources, and subsidized care.

Consumer Protection and Consumer Education

State resources <http://www.aging.ohio.gov> The Ohio Attorney General offers information and resources regarding consumer protection. <http://www.pickocc.org> The Ohio Consumer Counsel educates consumers about electric, natural gas, telephone and water issues and resolves complaints from individuals.

Federal Citizen Information Center. The following sites administered by different Federal Agencies contain a wealth of information and resources dealing with consumer education and protection; <http://www.pueblo.gsa.gov>, <http://www.usa.gov>, <http://www.consumeraction.gov>. <http://www.kids.gov>

Better Business Bureau <http://www.bbb.org> Identify and access local information on businesses and charities.

Disasters and Terrorism

Coping with disasters <http://www.apahelpcenter.org/articles/topic.php?id=4> A website offering information and resources about dealing with natural disasters, terrorism and building resilience.

Disabilities

Federal EEOC <http://www.eeoc.gov/>. This website offers information regarding enforcement guidelines regarding ADA and reasonable accommodations issues.

The Ohio legal Rights Service (OLRS) is an independent state agency and the federally and state designated Protection and Advocacy (P&A) system and Client Assistance Program for people with disabilities in the State of Ohio. <http://www.disabilityrightsohio.org>

Domestic Violence

[Http://psychcentral.com/dvquiz.htm](http://psychcentral.com/dvquiz.htm) Are you in a violent or otherwise abusive relationship? Not sure? Answer the survey to get a quick assessment. However, regardless of the outcome of this survey, if you feel you are in an abusive relationship or fear for your safety or the safety of your family, contact your local law enforcement agency or seek assistance by contacting National Domestic Violence Hotline.

The Ohio Domestic Violence Network was founded in 1988 by a coalition of programs in Ohio, which serve battered woman and their children. The network organized out of the need to provide coordinated services to improve public understanding of domestic violence. <http://www.odvn.org>

Help is available to callers 24 hours a day, 365 days a year. Hotline advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information and referrals to agencies in all 50 states, Puerto Rico and the U.S Virgin Islands. <http://www.ndvh.org>

NCADV serves as a national information and referral center for the general public, media, battered women and their children, allied and member agencies and organizations. <http://www.ncadv.org>

End of Life Issues

[Http://www.nlm.nih.gov/medlineplus/endoflifeissues.html#cat1](http://www.nlm.nih.gov/medlineplus/endoflifeissues.html#cat1) A Medline Plus site that offers a wealth of information related to this difficult topic.

Growth House Inc., provides this award-winning portal as your international gateway to resources for life-threatening illness and end of life care. Our primary mission is to improve the quality of compassionate care for people who are dying through public education and global professional collaboration.

<http://www.growthhouse.org>

[Http://www.ftc.gov/bcp/edu/pubs/consumer/products/pro19.shtm](http://www.ftc.gov/bcp/edu/pubs/consumer/products/pro19.shtm) The Federal Trade Commission (FTC) works for the consumer to prevent fraudulent, deceptive, and unfair business practices in the marketplace and to provide information to help consumers spot, stop, and avoid them. This particular site addresses questions and issues related to funeral planning and arrangements.

Financial

Free Credit report <https://www.annualcreditreport.com/cra/index.jsp> This central site allows you to request a free credit file disclosure, commonly called a credit report, once every 12 months from each of the nationwide consumer credit reporting companies: Equifax, Experian and Transunion. AnnualCreditReport.com is the official site to help consumers to obtain their free credit report.

American consumer Credit Counseling (ACCC) provides credit counseling, debt management, debt consolidation and financial education services to consumers nationwide. Our certified and professionally trained credit counseling team assists consumers by providing workable solutions for their financial problems. We offer relief to individuals and families that are suffering from stress related to credit card debt by providing effective credit counseling, helping to consolidate debt, and advising on debt management.

<Http://www.consumercredit.com/index.html>

[Http://www.apprisen.com](http://www.apprisen.com) For over 50 years, Consumer Credit Counseling Service (CCCS) has helped thousands of people learn to manage money, balance their budgets and get out of debt through comprehensive personal financial education and credit counseling. We are more than just a debt-counseling organization. Our programs and services help people in all stages of their financial lives take the next step towards personal money management success. MyMoney.gov is the U.S government's website dedicated to teaching all Americans the basics about financial education. Whether you are planning to buy a home, balancing your checkbook, or investing in your 401k, the resources on MyMoney.gov can help you do it better. [Http://www.mymoney.gov](http://www.mymoney.gov)

The NFCC promotes the national agenda for financially responsible behavior and builds capacity for its members to deliver the highest quality financial education and counseling services. [Http://www.nfcc.org](http://www.nfcc.org)

Government Benefits

The State of Ohio homepage which contains a wealth of information about benefits for state employees. <http://www.ohio.gov>

GovBenefits.gov is the official benefits website of the U.S government, with information on over 1,000 benefits and assistance. <http://www.benefits.gov/>

Every year The Benefit Bank closes the gap between public funds and people in need. Designed to bring people closer to stability and closer to self-sufficiency, this free web-based system simplifies and centralizes the process of applying for many state and federal benefits for low and moderate-income individuals and families. <http://www.thebenefitbank.com/node>

Health and Medical

Pharmacy benefits, available to all employees enrolled in a state health plan, are provided through Catalyst Rx, the state's pharmacy benefit manager. Employees who are enrolled in any of the health plans are automatically enrolled in pharmacy benefits through Catalyst Rx.

The WebMD content staff blends award-winning expertise in medicine, journalism, health communication and content creation to bring you the best health information possible. Our esteemed colleagues at MedicineNet.com are frequent contributors to WebMD and comprise our Medical Editorial Board. Our Independent Medical Review Board continuously reviews the site for accuracy and timelines. <http://www.webmd.com/default.htm>

This is a great medical site. It offers medical tutorials and interactive health education resources from the Patient Education Institute. It uses animated graphics with each tutorial to explain the procedure or condition in easy to read language. You can also listen to the tutorial if you prefer. <http://www.nlm.nih.gov/medlineplus/tutorial.html>.

As the flagship of Ohio's public health infrastructure, the Ohio Department of Health (ODH) works with 130 local health departments to "protect and improve the health of all Ohioans." ODH impacts Ohioans from cradle to grave – from helping provide pre-natal care, to issuing your birth certificate, to perhaps providing your first immunizations, to offering family planning information, to performing nursing home inspections to issuing your

death certificate. The ODH website offers a wealth of health related information and topics.

<http://www.odh.ohio.gov>

<http://www.cancer.org> The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy, and service.

Housing

With a mission of ending homelessness and promoting affordable housing, COHHIO is involved in a range of housing assistance services in Ohio, including homeless prevention, emergency shelters, transitional housing and permanent affordable housing with linkages to supportive services. http://www.cohhio.org/about_us.php

Legal

<http://www.afscme.org/members/1226.cfm> This service allows members of participating AFL-CIO unions to consult an attorney on personal legal matters or to prevent a legal problem. Union-approved lawyers at over 1,300 law offices nationwide are available.

Here's what the Legal Service offers:

- No enrollment fee
- Free review of select documents
- A free 30-minute consultation – in person or over the phone
- A free follow-up letter or phone call
- A 30 percent discount on additional services

Another site of the American Bar Association that helps locate attorneys and other legal topics.

<http://www.abanet.org/legalservices/findlegalhelp/main.cfm?id=OH>

Marital/Partner in Conflict Resources (Divorce, separation, etc.)

DivorceNet is the internet's largest divorce resource, offering state-specific articles, an online community and a nationwide directory of divorce lawyers, mediators and financial professionals. Our Ohio divorce page includes a directory of divorce lawyers, mediators and other professionals, and family law articles on child support, alimony, custody, and property division. We also provide links to local resources that may be helpful in your situations. <http://www.divorcenet.com/states/ohio>

Medications

<https://www.pparx.org> assistance programs The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients without prescription drug coverage get free or low-cost medicines through the public or private program that's right for them.

<http://www.nimh.nih.gov/health/publications/mental-health-medications/complete-index.shtml> A National Institute of Mental Health site offers a detailed booklet that describes mental disorders and the medications for treating them includes a comprehensive list of medications.

Find relevant and reliable medical information on common medications (over 2500 common drugs listed).

<http://www.medicinenet.com/medications/article.htm>

Mental Health

<http://mha.ohio.gov/> The Ohio Department of Mental Health helps you find the assistance you need by maintaining a list of provider agencies throughout the state. Click on your county and scroll down to view contact and service information for mental health providers near you.

<http://oacbha.org> The Ohio Association of County Behavioral Health Authorities is committed to assuring that residents of every Ohio community live healthier lives through access to quality mental health, alcohol, and other drug prevention, treatment and support services. This site also has links to all 88 Ohio County Behavioral Health Boards.

www.samhsa.gov The Substance Abuse and Mental Health Services Administration's (SAMHSA) National Mental Health information Center provides information about mental health via a toll-free telephone number (800-789-2647), this web site, and more than 600 publications.

www.centerforthestudyoftraumaticstress.org The Center for the Study of Traumatic Stress (CSTS) is one of the nation's oldest and most highly regarded, academic-based organizations dedicated to advancing trauma-informed knowledge, leadership and methodologies. The Center's work addresses a wide scope of trauma exposure from the consequences of combat, operations other than war, terrorism, natural and human made disasters, and public health threats.

The mission of the Depression and Bipolar Support Alliance (DBSA) is to provide hope, help, and support to improve the lives of people living with depression or bipolar disorder.

<http://www.dbsalliance.org/site/PageServer?pagename=home>

Mental Health America affiliates bring together mental health consumers, parents, advocates and service providers for collaboration and action. Mental Health America affiliates provide public education, information and referral, support groups, rehabilitation services, socialization and housing services to those confronting mental health problems and their loved ones. <http://www.mentalhealthamerica.net>

The mission of National Institution of Mental Health (NIMH) is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery and cure.

<http://www.nimh.nih.gov/index.shtml> This next NIMH site has links to the publicly funded agencies throughout Ohio.

For three decades, NAMI has established itself as the most formidable grassroots mental health advocacy organization in the country. Dedication, steadfast commitment and unceasing belief in NAMI's mission by grassroots advocates have produced profound changes. NAMI's greatest strength is the dedication of our grassroots leaders and members. We are the families, friends and individuals that server to strengthen communities across the country. <http://www.nami.org>

The National Suicide Prevention Lifeline 1-800-273-TALK(8255) is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicide crisis or emotional distress. By dialing 1-800-273-TALK, the

call is routed to the nearest crisis center in our national network of more than 140 crisis centers. The Lifeline's national network of local crisis centers, provide crisis counseling and mental health referrals day and night.

<http://www.suicidepreventionlifeline.org/Default.aspx>

<http://www.mentalhelp.net> The Mental Help Net website exist to promote mental health and wellness education and advocacy.

Military Family Support

- **Hotlines & Family Support Information Numbers**
- **Army (800) 833-6622** - Army Family Assistance Hotline provides information, useful resources and helpful referrals related to family issues.
- **Air Force (866) 299-0596** - Provides information and referral for both active and reserve Air Force service members and their families.
- **Navy (800) 372-5463** - Offers information and referral (I&R)
- **Marine Corps East of the Mississippi (minus Wisconsin) (800) 336-4663; West of the Mississippi (plus Wisconsin) (800) 253-1624** I&R assistance.
- **National Guard Bureau HQ (888) 777-7731** - To obtain I&R and the 800 number for each NNG state coordinator.
- **Defense Logistics Agency (DLA) Life Connections (800) 222-0364** – This is DLAs Employee Assistance Number and offers I&R and support.
- **US Coast Guard EAP and Worklife program (800) 872-4957** - provides I&R and support. And past military deployments to service members, veterans, family members and the general public. Offers case management and referral services and operates 9:00 a.m. to 9:00pm EST.
- **Veterans Affairs** List of offices and phone numbers providing benefits to veterans.

[Http://www.militaryonesource.com/MOS/Army.aspx?MRole=Member&Branch=Army&Component=NationalGuard](http://www.militaryonesource.com/MOS/Army.aspx?MRole=Member&Branch=Army&Component=NationalGuard) Education, relocation, parenting, stress – you name it – Military OneSource is here to help you with just about any need. Available by phone or online, our free service is provided by the Department of Defense for active-duty, Guard, and Reserve service members and their families. The service is completely private and confidential, with few exceptions.

[Http://www.afas.org](http://www.afas.org) The Air Force Aid Society is the official charity of the United States Air Force, incorporated in 1942 as a private, non-profit organization. For over 67 years. The Air Force Society has supported the Air Force mission by providing worldwide emergency assistance, sponsoring education assistance programs and offering an array of base community enhancement programs that improve quality of life for Airman and their families.

[Http://www.armymwr.com](http://www.armymwr.com) This site helps Army personnel with issues such as morale, welfare and support for family members.

[Http://www.nmcrs.org](http://www.nmcrs.org) The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, Financial, educational and other assistance to members of the Naval Services of the United States, eligible family members and survivors.

Recreation

Discover Ohio is the state's foremost source for information regarding tourism and recreation across Ohio.
<http://ohio.gov/tourism>

Recreation.gov, part of the Recreation One-Stop E-Gov initiative, offers and provides a single point of access to information about Federal recreational activities and reservations. It provides a comprehensive source of information about thousands of Federal recreation opportunities.

<http://www.recreation.gov/welcome.do?topTabIndex=Home>

Smoking Cessation

Smokefree.gov is intended to help you or someone you care about quit smoking. Smokefree.gov allows you to choose the help that best fits your needs. You can get immediate assistance in the form of:

<http://www.smokefree.gov/Default.aspx>

- An online step-by-step cessation guide
- Local and state telephone quit lines
- NCI's national telephone quit line
- NCI's instant messaging service
- Publications, which may be downloaded, printed, or ordered

Quitnet is an online resource and support network founded in 1995 to help individuals and organizations develop smoking cessation. <http://www.quitnet.com/qnhomepage.aspx>

Stress Management

<http://www.mentalhealthamerica.net/index.cfm?objectid=7F15EDBD-1372-4D20-C8D89C37A853E3CB> This National Mental America article provides a primer on stress management. If your stress level has been elevated for some time, it may be time to reach out for assistance through friends, family, your own family doctor or a professional counselor. **Please contact the Ohio Employee Assistance Program at 800-221-6327 for further assistance.**

Systematic Stress Management is a structured program designed to prevent and minimize the damaging effects of stress. The techniques presented are easy to learn and can be included in normal day to day activities. This on-line program was developed for the Institute for Preventive Medicine.

http://aipm.wellnesscheckpoint.com/library/banner_main.asp?P=987ECASMC2

Stress can affect the human body in many ways. This site lists the Physical, mental and Behavioral ways stress may be expressed in a person. Remember, over time, stress can seriously affect the overall health of an individual and seriously impact ones quality of life and premature death.

Stress and strain have long been associated with the work people do. It's not just the idea of physical labor, but also the wear and tear of work on people's mental health. Stress on the job, in fact, is something that almost every working person experiences.

The nature of work is changing at whirlwind speed. Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health organization. Through its research program in job stress and through educational materials such as this booklet, The National Institute for Occupational Safety

and Health (NIOSH) is committed to providing organizations with knowledge to reduce this threat. [Http://www.cdc.gov/niosh/docs/99-101](http://www.cdc.gov/niosh/docs/99-101) [Http://www.rainn.org](http://www.rainn.org). The rape, Abuse & Incest National Network is the nation's largest ant-sexual assault organization. RAINN operates the National Sexual Assault Hotline at 1.800.656.HOPE and the National Sexual Assault Online Hotline at rain.org and publicizes the hotlines' free, confidential services; educates the public about sexual assault; and leads national efforts to prevent sexual assault, improve services to victims and ensure that rapists are brought to justice.