

Social Networking Sites

Organization:

Web Address:

Features:

Instructions:

<u>Organization:</u>	<u>Web Address:</u>	<u>Features:</u>	<u>Instructions:</u>
Web MD	www.exchanges.webmd.com	<ul style="list-style-type: none"> • WebMD Anxiety & Panic Disorders Community • WebMD Bipolar Disorder Community • Borderline Personality Disorder Community • WebMD Depression Community • Eating Disorders Community • Self Harm Community • ...And more 	<ul style="list-style-type: none"> • Click on mental health • Select topic of interest <ul style="list-style-type: none"> • or Select See all Mental Health Communities • Select “Join this Community” for instructions on joining a group
Facebook	www.facebook.com	<ul style="list-style-type: none"> • Social Networking • Various groups and organizations • Chat ability 	<ul style="list-style-type: none"> • Enter info • Click sign up • On Homepage use the search bar to find groups or organizations of interest
Yahoo Groups	http://groups.yahoo.com/	<ul style="list-style-type: none"> • Put examples of groups found such as Mental-Health-Recovery ... 	<ul style="list-style-type: none"> • Under “Find a Yahoo! Group,” type “mental health” • Select a group that interests you • Select “join this group” • Follow website instructions

Psych Central	http://psychcentral.com/	<ul style="list-style-type: none"> • 170+ Support Groups • Blogs • Chats • Ask a Therapist 	<ul style="list-style-type: none"> • Click “Join us now/sign in” • Agree to terms • Click register • Enter Info • Click complete registration
Strength of Us	http://strengthofus.org	<ul style="list-style-type: none"> • Online community for young adults age 18+ 	<ul style="list-style-type: none"> • Click Join the Conversation • Enter Info • Click Register
Healthy Place: America’s Mental Health Channel	http://www.healthyplace.com	<ul style="list-style-type: none"> • Communities • Blogs • Forums • Info 	<ul style="list-style-type: none"> • Click register • Enter Info • Click Create an Account
Healthful Chat	http://www.healthfulchat.org/	<ul style="list-style-type: none"> • Chat • Groups • Forums 	<ul style="list-style-type: none"> • Choose Mental Health Chat Rooms • Click Create an Account • Enter Info • Click Register
Mental Health America Support Community	https://www.inspire.com/groups/mental-health-america/	<ul style="list-style-type: none"> • Discussions • Journals 	<ul style="list-style-type: none"> • Click Join Inspire • Enter Info • Click Sign Up For Free
SAMHSA – What a Difference a Friend Makes	http://www.whatadifference.samhsa.gov/	<ul style="list-style-type: none"> • Forums • Videos • Multi-Cultural 	<ul style="list-style-type: none"> • Click visit the forum • Click register • Enter info • Click register
Web Tribes	http://www.webtribes.com/	<ul style="list-style-type: none"> • Groups • Blogs • Forums • Polls • Games • Media 	<ul style="list-style-type: none"> • Click Tribe by Topic • Click JOIN the tribe • Enter Info • Click Submit the Form

The Depression Forums	http://www.depressionforums.org/	<ul style="list-style-type: none"> • Social Community Support Groups • Forums • Blogs • Gallery 	<ul style="list-style-type: none"> • Click Sign Up • Enter date of birth • Click continue • Agree to Rules and Conditions • Click Continue to Registration • Enter info • Click Register
BrainTalk Communities	http://www.braintalkcommunities.org/	<ul style="list-style-type: none"> • Online Patient Support Groups for Neurology • Forums • Chat Rooms • Private Messages 	<ul style="list-style-type: none"> • Click Register • Enter Date of Birth • Click Proceed • Enter Required Information • Enter any Additional Info you wish to share • Read and agree to forum rules • Click Complete Registration
Healing Well	http://www.healingwell.com/	<ul style="list-style-type: none"> • Health resources and a supportive community to help those coping with the struggles of chronic illness • Resource Center • Forums • Chat Rooms • Blogs • Videos • Email 	<ul style="list-style-type: none"> • Click Join Healing Well • Enter Required Information • Click Submit
Daily Strength	http://www.dailystrength.org/	<ul style="list-style-type: none"> • Network of people sharing their knowledge, experiences, and hope • Online Support Groups • Discussion Forums • Health Blogs • Expert Answers • Descriptions of Treatments 	<ul style="list-style-type: none"> • Click Join Now • Enter Required Information • Check the box next to Accept Terms & Conditions • Click Create a Free Account

Personalized Wellness Site

Organization	Web address	Features	Description
Depression and Bipolar and Support Alliance	www.facingus.org	Personal Journal	<ul style="list-style-type: none">• Click Sign Up
		Wellness Plan	<ul style="list-style-type: none">• Enter email address and password
		Wellness Book	<ul style="list-style-type: none">• Click Create Account
		Media Room	
		Wellness Tracker	
		Creativity Center	
		E-postcards	