

HELPFUL LINKS AND RESOURCES

CRISIS NUMBERS

Texas abuse hotline	800.252.5400
National Suicide Prevention Lifeline	800.273.8255
Adult help line (suicide)	972.233.2233
Teen help line (suicide)	972.2338336
Suicide & crisis hotline	214 828 1000
Dallas Area Rape Crisis Center	972.641.7237

<i>Description</i>	<i>Link</i>
<i>ADD Testing (Christian):</i> The ADD Treatment & Research Center of North Dallas (diagnosis and treatment of ADD for persons of all ages)	www.adhdnorthdallas.com/ataglance.aspx
<i>Internet Use/Addiction Survey:</i> A screening tool to identify online compulsive behavior problems	http://www.christiansoulcare.com/category/self-assessments/
<i>Relationship Satisfaction Survey:</i> Assesses your relationship in 7 areas. The questions may help you to clarify how you're doing and what areas you and your spouse need to work on in order to improve your relationship.	http://www.christiansoulcare.com/category/self-assessments/
<i>Depression:</i> See whether you have symptoms of depression. The assessment cannot diagnose depression, but can help you evaluate your mood, so you can seek treatment, if needed.	http://www.med.umich.edu/depression http://www.mayoclinic.com/health/depression/MH00103_D
<i>Personality Temperament Test:</i> Helps assess your <u>Temperament Profile</u> of potential strengths & weaknesses.	http://www.goingthedistance.org/pages.asp?pageid=18151
Teen and adult crisis situations	http://www.suicidehotlines.com/texas.html

MENTAL HEALTH RESOURCES

National Alliance for the Mentally Ill www.nami.org/
National Alliance for the Mentally Ill (Dallas) www.namitexas.org
National Clearinghouse for Alcohol and Drug Information (NCADI)
National Domestic Violence Hotline (800-799-SAFE) www.ncadv.org/
National Institute of Mental Health www.nimh.nih.gov
Substance Abuse and Mental Health Services Administration <http://www.samhsa.gov/>

COMMUNITY SUPPORT GROUPS

Substance Abuse www.celebraterecovery.com/find-a-group/
Narcotics Anonymous Group finder <http://dallasareana.org/joomla/>
Alcoholics Anonymous Group finder <http://www.aadallas.org>
Gamblers Anonymous Group finder <http://www.texasga.org>