

Counseling

Programs that provide emotional support, information and guidance to help people resolve whatever personal or interpersonal difficulties they are experiencing.

Article

How Do I Know if I Am Experiencing Depression?

Depression is a serious medical illness. This article may help you determine if you are experiencing depression, and provide some suggestions for next steps.

Source

[Centers for Disease Control \(CDC\)](#)

Links

American Psychological Association

Source

[American Psychological Association](#)

Links

American Psychiatric Association

Source

[American Psychiatric Association](#)

Links

National Mental Health Consumers' Self Help Clearinghouse

Source

[National Mental Health Consumers' Self Help Clearinghouse](#)

Links

Depression and Bipolar Support Alliance

Source

[Depression and Bipolar Support Alliance](#)

Links

National Institute of Mental Health

Source

[National Institute of Mental Health](#)

Links

National Alliance on Mental Illness (NAMI) | Virginia

Source

[National Alliance on Mental Illness \(NAMI\) | Virginia](#)

Article

Depression and Caregiving

Caregivers are at a high risk for depression. Learn how to recognize depression in yourself and others and how to treat it.

Source

[Family Caregiver Alliance](#)

Article

Anxiety Disorders

This NIH paper summarizes the various anxiety disorders including panic attacks and post traumatic stress disorder.

Source

[National Mental Health Information Center](#)

Showing 1-9 of 9 Results