

## **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](#)

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