

Helpful Resources

Mental Health

www.mentalhealthamerica.net Mental Health America

www.mentalhealth.gov/ U.S. Dept. of Health and Human Services

www.samhsa.gov/prevention Substance Abuse and Mental Health

www.healthypeople.gov/2020/topics-objectives/topic/substance-abuse Healthy people 2020

<https://teens.drugabuse.gov/drug-facts> Facts on teen drug abuse

<https://www.ncadd.org/> National Council on Alcoholism and Drug Dependence

www.nami.org National Alliance on Mental Illness

www.nimh.nih.gov National Institute of Mental Illness

www.childrensboard.org Family resources in Hillsborough County, FL

<https://www.addictioncenter.com/rehabs/florida> Substance abuse web guide

Physical Health

www.wbmd.com Health

www.health.gov Disease prevention and health promotion

www.healthywomen.org Women health

www.nlm.nih.gov/medlineplus/ Medline plus, health information

www.nlm.nih.gov Database of prescription and non-prescription drugs

Money Health

www.gandmfinancial.com Financial services

www.lifehappens.org Insurance calculator

www.mortgagecalculator.org Mortgage calculator

www.yodlee.com Online banking, tracking of expenses

Social Resources

www.stepupforstudents.org Low-income family can apply for scholarships in FL for their children that are in K-12

www.dcf.state.fl.us Department of Children and Families, FL

<https://sso.flmmis.com> Florida Medicaid

<https://www.safelinkwireless.com> Free phone program

www.assurancewireless.com Free phone program