

Physical & Mental Health Resources



National Suicide Prevention Lifeline

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

[Center for Substance Abuse Prevention](#)

The Center for Substance Abuse Prevention offers free, Web-based courses. Courses identify problems and risk factors, screening and assessment tools, prevention and intervention strategies, tools for clients, and legal issues surrounding IPV. Various courses offer continuing education credits and are designed for professionals as well as the general public.

[Disaster Mental Health](#)

CDC's web page on disaster mental health includes information on coping with environmental stress.

[Division of Adolescent and School Health](#)

CDC's Division of Adolescent and School Health seeks to prevent the most serious health risk behaviors among children, adolescents, and young adults.

[National Women's Health Information Center](#)

The National Women's Health Information Center, run by the Office on Women's Health, is the most current and reliable resource on women's health. It provides links to a wide range of women's health-related material developed by the Department of Health and Human Services, other federal agencies, and private sector organizations.

[Office of Women's Health](#)

As the focus for women's health issues at CDC/ATSDR, OWH provides a forum for collaboration by agency staff; women's health coordinators in the regions, states, and territories; other federal agencies; academic institutions; and partners in private and public organizations. OWH works within and outside CDC/ATSDR to raise awareness of women's health and to promote activities that will improve the health and safety of women. OWH serves as an advocate for women's health issues and stimulates research, disease prevention programs, and policy development.