

# *Stress Awareness*

## Health Education Program

### *Learning to relax*

Following are online resources that can provide you with more detailed information on stress awareness and management.

**National Institute of Mental Health**

Phone: 1-866-615-6464

Internet address: [www.nimh.nih.gov](http://www.nimh.nih.gov)

**National Women's Health Information Center**

Phone: 1-800-994-9662

Internet address: [www.4woman.gov/faq/stress.htm](http://www.4woman.gov/faq/stress.htm)

**National Mental Health Consumers' Self-Help Clearinghouse**

Phone: 1-800-553-4539

Internet address: [www.mhselfhelp.org](http://www.mhselfhelp.org)

**National Mental Health Information Center**

Phone: 1-800-789-2647

Internet address: [www.mentalhealth.org](http://www.mentalhealth.org)

**The American Institute of Stress**

Phone: 914-963-1200

Internet address: [www.stress.org](http://www.stress.org)

**American Psychiatric Association**

Phone: 1-800-35-Psych (77924)

Internet address: [www.psych.org](http://www.psych.org)

**Anxiety Disorders Association of America**

Phone: 240-485-1001

Internet address: [www.adaa.org](http://www.adaa.org)

**National Alliance on Mental Illness**

Phone: 1-800-950-NAMI (6264)

Internet address: [www.nami.org](http://www.nami.org)

**National Center for Posttraumatic Stress Disorder**

Phone: 802-296-6300

Internet address: [www.ncptsd.org](http://www.ncptsd.org)

**Mental Health America**

Phone: 1-800-969-6642

Internet address: [www.nmha.org](http://www.nmha.org)



**Independence  
Blue Cross**