

RESOURCES FOR TRAUMA VICTIMS

National Center for Victims of Crime. 1-800-FYI-CALL. This is a comprehensive database of more than 6,700 community service agencies throughout the country that directly support victims of crime.

Trauma Treatment. If you are a veteran, look under Health Benefits and Services at www.va.gov. If you are not, look in the “County Government Offices” section of your phonebook under your county and look for “Health Services” and “Mental Health”. If you have insurance, ask your doctor. If you think you may have a psychiatric disorder and know what it is based on what you have learned from this book, let him know. He can’t read your mind and know what you need.

Anxiety Disorders of America (ADAA). The ADAA has a referral network of therapists including a list of PTSD experts, as well as a self help network. I am on the Scientific Advisory Board and personally approve their recommendations for self-help books, so go to their on-line book store for your self-help book selections. I think it is a good idea to buy self-help books and try to follow them. www.adaa.org.

The *National Institute of Mental Health (NIMH)* is a great resource for information. It is run by a friend of mine who came from Emory, and the Mood and Anxiety Disorders Program is run by my ex-boss, with whom I did the research described in this book, and who knows a lot about trauma. www.nih.gov.

The *National Center for PTSD* is where I spent the first part of my career treating patients and doing research in PTSD. Their web site has some great information. Research articles are also included, if you want to read them, you can download them. ncptsd.org

Sidran Press is a great place for books about trauma. They also have a list of professional referrals. www.sidran.org

David Baldwin has a great web page that has a wealth of information about trauma, resources, information and treatment. He is a clinical psychologist in Eugene, Oregon. www.trauma-pages.com

If you have been abused or know of someone who has been abused, you should contact your local Department of Child and Family Services. Reporting of abuse is required by the law.