

Alcohol Education and Prevention

American Psychological Association offers self-help brochures on mental health and psychological issues, including drug and alcohol abuse.

<http://www.apa.org>

Go Ask Alice provides answers to many questions regarding alcohol and drug use, sexuality, emotional health, and relationships.

<http://www.goaskalice.columbia.edu/>

Half of Us is a unique website that de-stigmatizes mental health and encourages more young people to seek out ways to improve their state of mind. There are sections on alcohol, depression, suicide, eating disorders, anxiety, and stress.

<http://www.halfofus.com/>

Mental Health Screening offers free, on-line, and confidential self assessment screenings for alcohol abuse, depression, anxiety, eating disorders, and more.

<https://www.mentalhealthscreening.org/screening/welcome.asp>