

RESOURCES

Emergency numbers, including therapist's number or clinic number, close to the phone.

SAMHSA's National Mental Health Information Center
<http://mentalhealth.samhsa.gov/publications/allpubs/ken98-0049/default.asp>

Depression and Bipolar Support Alliance (formerly National Depressive and Manic-Depressive Association)
800-826-3632
www.dbsalliance.org

Healthy People 2010
www.healthypeople.gov/Document/HTML/Volume2/18Mental.htm

Psychological counseling

Spiritual counseling

Support groups

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Timby, B. K., & Smith, N. C. (2003). *Introductory medical-surgical nursing* (8th ed.). Philadelphia: J. B. Lippincott Williams & Wilkins.

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