

Published on *SeniorNavigator* (<https://seniornavigator.org>)

[Mental Health Brochures and Fact Sheets from NIMH](#)

Mental Health Resources & Information

[Esta página está disponible en español](#)

NIMH offers brochures and fact sheets on mental health disorders and related topics for patients and their families, health professionals, and the public. Printed materials can be ordered free of charge. Brochures and fact sheets are also offered in digital

formats and are available in [English](#) and [Spanish](#).



Brochures & Fact Sheets -- Browse by Topics

- [Anxiety Disorders](#)
- [Attention Deficit Hyperactivity Disorder \(ADHD\)](#)
- [Autism](#)
- [Bipolar Disorder](#)
- [Borderline Personality Disorder](#)
- [Brain Anatomy & Physiology](#)
- [Children & Adolescents](#)
- [Clinical Trials](#)
- [Coping with Traumatic Events](#)
- [Depression](#)
- [Disruptive Mood Dysregulation Disorder](#)
- [Eating Disorders](#)
- [Generalized Anxiety Disorder](#)
- [Genetics](#)

- [Men's Mental Health](#)
- [NIMH](#)
- [Older Adults](#)
- [Obsessive-Compulsive Disorder \(OCD\)](#)
- [Panic Disorder](#)
- [Post-Traumatic Stress Disorder](#)
- [Prevention](#)
- [Schizophrenia](#)
- [Seasonal Affective Disorder](#)
- [Social Anxiety Disorder](#)
- [Stress](#)
- [Suicide Prevention](#)
- [Treatments](#)
- [Women's Mental Health](#)

[Browse All Brochures and Fact Sheets A to Z](#)

Article Source

National Institute of Mental Health

Source URL

<https://www.nimh.nih.gov>

Last Reviewed

Tuesday, December 14, 2021