

## INTERNET RESOURCES FOR SELF-HELP

Compiled by Dr. E. Anthony Allen

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El Shaddai Medical Centre, 94 ¼ Old Hope Road, Kingston 5

Whole Person Resource Centre, 8 Durham Avenue, Kingston 6

These websites are listed alphabetically rather than in order of importance. The way the sites are described should help you in making your choices. You will also need to do your own searching of the internet for other topics of your choice. But do a little at a time and be selective for the best or you will become overwhelmed and find yourself with a lot of half-baked information. Please let me know of any other very useful websites you have found.

### Christian Issues

## Biblical Parenting

<http://www.BiblicalParenting.com>

“Highlights useful web resources for Christian parents and families”

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### Christian Answers Net

<http://www.christiananswers.net>

A “mega-site providing biblical answers to important contemporary questions”. Includes Bible & Theology, Religions, Family & Marriage, Social Issues and Government, Teen Questions & Kids Questions. Also, new movie reviews and guide to videos (for persons with a Christian interest).

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### Christian Topics

<http://www.christiantopics.com>

A wide variety of interesting life and health topics with links to related stories from a Christian perspective.

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### Serve Him

<http://www.ServeHim.com>

“Places you only one click away from from all the best Christian resources on the Internet”.

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## **Environment**

### **Environment and Health**

<http://www.med.ed.ac.uk/HEW/env>

A compilation of articles to inform about the effects of the environment on health. From a British-based medical university.

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### **Ways to Help the Environment**

<http://hyperion.advanced.org/11353/gather/help.htm>

For an invaluable compilation of tips from the public on how to help preserve the environment. One may submit one’s own tips here as well.

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## **General**

### **About.com**

<http://www.about.com>

“A network comprising hundreds of dedicated topic-specific human experts...Each About.com Guide Site is devoted to a single topic complete with site reviews, feature articles and discussion areas. And each site is created by a qualified About.com guide”. Find resources on personal finance, health, family, hobbies, shopping, education and business.

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## **Health**

### **Advocate Health Care**

<http://www.advocatehealth.com>

Intended to provide information to help you stay well, manage your health care and learn about the many services available through Advocate Health Care. One may subscribe to their quarterly email magazine "Health Advocate Magazine".

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**Mental Health Net**

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

A definitive guide to mental health resources online for self-help and professionals. Deals with almost all conditions. Includes mini-sites on various problems, information services, books, chat & discussion forums so one can communicate with other patients and with experts. Advice columns and professional resources. Seems very good.

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**Prevention's Healthy Ideas**

<http://www.healthyideas.com>

Excellent side for promoting one's health. Deals with health & healing, natural healing, weight loss & fitness, cooking & nutrition. Includes gender issues, news, ideas, marriage boards and chatroom.

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## **Marriage & Family**

**Divorce Online**

<http://www.divorce-online.com/>

An electronic resource for people involved in, or facing the prospect of, divorce. Includes free resources for all aspects of divorce.

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**Focus on the Family**

<http://www.family.org/>

A site dealing with family issues using Christian principles. Includes a bookstore / resource centre, articles and daily prayers.

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**Parenthood Web**

<http://www.parenthoodweb.com>

A wide array of parenting resources and features offering a free weekly newsletter. Contains polls and articles, as well as a for a to communicate with other parents about given issues.

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**Self-care**

**Journals & Diaries**

[http://207.158.243.119/html/journals\\_diaries.html](http://207.158.243.119/html/journals_diaries.html)

An excellent introduction to the art of journalling. Includes a definition of journalling, writing tips, links to other sites.

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**Self-Help & Psychology Magazine**

<http://www.shpm.com>

Offers a library of self-help articles dealing with both health and social issues. Has links to bookstore and professional advice on topics.

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**Self-Improvement Online**

<http://www.selfgrowth.com>

A complete list of “Self Improvement” related websites.

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