

Federal Resources for Free Publications

On Mental Health, Prevention, Substance Misuse, and Related Issues

NIMH - National Institute on Mental Health

Free publications on mental health topics, autism spectrum disorders, ADHD & more.

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

SAMHSA – Substance Abuse and Mental Health Services Administration

Free publications on substance use prevention (e.g., Talk. They Year You series materials),

substance use disorders treatment (TIPS series), and more.

<https://store.samhsa.gov/>

FDA Tobacco Education

Free publications on tobacco and vaping use cessation and prevention.

https://digitalmedia.hhs.gov/tobacco/print_materials/search

CDC Publications on Demand

Free resources on tobacco use cessation, HIV prevention, and more.

<https://wwwn.cdc.gov/pubs/>

NIAAA - National Institute on Alcohol Abuse and Alcoholism

Free resources on alcohol misuse prevention

<https://www.niaaa.nih.gov/niaaa-publications-order-form#pub-1>

NIA – National Institute on Aging

Free resources on issues ranging from depression to fitness and nutrition.

<https://order.nia.nih.gov/view-all-publications>

USDA – My Plate

Free resources for educators on nutrition.

<https://www.fns.usda.gov/tn/myplate>

