

## Helpful Links to Community Resources

[www.211.org](http://www.211.org) **211** is a free and confidential resource that helps people across the US and many parts of Canada find the local resources they need

<https://www.redtreehouse.org/guides/the-411-on-504-plans> **The 411 on 504 Plans**  
This guide answers basic questions about a 504 plan.

[adaa.org](http://adaa.org) **Anxiety and Depression Association of America (ADAA)**

National nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression and related disorders.

<https://www.autismspeaks.org/autism-apps?page=1> **Autism Apps**

Apps that can be helpful for all types of autism and all types of service. This comprehensive list is brought to you by Autism Speaks and is a very helpful tool for families, professionals, school personnel and all those whose lives are touched in any way by autism spectrum disorders

<http://www.autism-society.org/> **Autism Society of America** Providing local and national support to all those whose lives are touched by autism.

[www.autismspeaks.org](http://www.autismspeaks.org) **Autism Speaks** - National Autism Organization providing research, resources and education.

[cdc.gov](http://cdc.gov) **Center for Disease Control (CDC):** Extensive collection of materials, including data

and statistics, research and scientific articles.

[childanxiety.net](http://childanxiety.net) **Child Anxiety Network**

The Child Anxiety Network was created to provide thorough, user-friendly information about child anxiety.

[clarasmenu.com](http://clarasmenu.com), **Clara's Menu**, Kid-friendly recipes for the Ketogenic diet (Epilepsy).

<http://boldbeginning.ohio.gov/family-community/#bbm-dro-topic-modal-1> **Ohio's Bold Beginnings Web-site.** All the State of Ohio Resources on one user friendly site. Legal, housing, food, medical, disability services and more. Need assistance, look at this site for your state agencies.

<https://www.thenationalcouncil.org/providers/?region=OH> **Find a Behavior Health or Mental Health Provider in the State of Ohio.**

[https://www.dontpayfull.com/blog/free-things-and-grants-for-kids-with-special-needs?utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=SocialWarfare](https://www.dontpayfull.com/blog/free-things-and-grants-for-kids-with-special-needs?utm_source=facebook&utm_medium=social&utm_campaign=SocialWarfare)

**The Complete List of Free Things and Grants for Kids with Special Needs**

<http://www.cuyahogalibrary.org/Events/> **Cuyahoga County Public Library**

<https://ohioearlyintervention.org/about?> **Ohio Early Intervention** - Early

Intervention (EI) is a statewide system that provides coordinated early intervention services to parents of eligible children under the age of three with developmental delays or disabilities.

[esc-cc.org](http://esc-cc.org) **ESC - Educational Service Center of Cuyahoga County** . Serving the needs of the Educational Community by Partnering, collaborating and supporting national, state, regional and local needs.

<http://www.epilepsyinfo.org/> **Epilepsy Association** - Serving Individuals in Northeast Ohio with Seizure Disorders.

<http://livespecial.com/> **Live Special** - Providing Information to Access Support Services for Families with a Loved One with Special Needs.

<http://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teen-depression/art-20046841> **Mayo Clinic Teenage Depression**

<http://milestones.org/> **Milestones Autism Organization** - Educating, Coaching, Connecting - Local Autism Organization

<https://www.nad.org/> **NAD - National Association of the Deaf**. The NAD is the nation's premier civil rights organization of, by, and for deaf and hard-of-hearing individuals in the United States of America.

[www.nami.org](http://www.nami.org) **National Alliance on Mental Illness** - Provides Resources and support to families in NE Ohio.

<https://www.nimh.nih.gov/health/index.shtml> **National Institute of Mental Health**  
[ninds.nih.gov](http://ninds.nih.gov) **National Institute of Neurological Disorders and Stroke**

**(NINDS):** Epilepsy Info Page overview and treatment information along with a list of organizations and resources

<https://suicidepreventionlifeline.org>

**National Suicide Prevention Hotline 1-800-273-8255**

[www.ocecd.org/](http://www.ocecd.org/) **Ohio Coalition for Children with Disabilities** - Proving Education and Support for children with disabilities.

[Special Needs Trusts and Guardianships](#) **Hickman & Lowder Co., LPA** Learn about **Special needs Planning** from the attorneys at Hickman and Lowder, Co., L.P.A, Attorneys at Law.

[selectivemutism.org](http://selectivemutism.org) **Selective Mutism Association**

The mission of the SMA is to increase public awareness of SM, to promote greater understanding of this disorder through education and support of research and to provide support to professionals, affected individuals and their families.

<http://www.acbohio.org/> **The American Council of the Blind of Ohio** is a non-profit organization dedicated to improving the quality and the equality of life for Ohioans who are blind.

[www.theupsideofdowns.org/](http://www.theupsideofdowns.org/) **The Up Side of Downs** - Supporting and Celebrating Down Syndrome in Northeast Ohio.

<http://www.thinkcollege.net/training/webinars> **Think College** is a national organization dedicated to developing, expanding, and improving inclusive higher education options for people with intellectual disabilities.

<https://www.takingchargeohio.org/> **Taking Charge** is a new web-based tool available to young adults and allies helping them navigate the transition to adulthood.

<https://www.understood.org> **Understood** for learning and attention issues. To help the millions of parents whose children, ages 3-20, are struggling with learning and attention issues.

[www.ucp.org/](http://www.ucp.org/) **United Cerebral Palsy Association** - Life without limits for people with disabilities.