

Mental Health Resources

Books:

Don't Sweat the Small Stuff

By: Richard Carlson, PhD.

It's All Small Stuff

By: Richard Carlson, PhD.

Services:

Community Health Improvement

(717) 851-3222

WellSpan Behavioral Health

(717) 848-3615

Center for Mind and Body Health

(717) 851-5590

Mental Health Websites

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

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

<http://www.mayoclinic.com/health/mental-health/MH99999>

<http://www.nlm.nih.gov/medlineplus/mentalhealthandbehavior.html>

www.wellspan.org

www.nmha.org

www.mentalhelp.org

www.wholeperson.com