

Hereditary Neuropathy Foundation
Mental Health & CMT Webinar
Resources

Charcot Marie Tooth:

<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Charcot-Marie-Tooth-Disease-Fact-Sheet>

Disability and mental health:

<https://theconversation.com/adults-with-cerebral-palsy-have-high-rates-of-depression-and-anxiety-new-study-107028>

Domestic violence/abuse:

<https://acl.gov/news-and-events/acl-blog/teens-disabilities-have-right-healthy-relationships>

<https://www.thehotline.org/>

<https://rootedinrights.org/we-cannot-ignore-the-connection-between-disability-and-intimate-partner-abuse/>

<https://ncadv.org/blog/posts/domestic-violence-and-people-with-disabilities>

<https://www.theguardian.com/society/2012/nov/19/domestic-violence-disabled-women-abuse>

Mental health apps (for smart phone devices):

<https://adaa.org/finding-help/mobile-apps>

<https://www.medicalnewstoday.com/articles/320557.php>

Mental health and diet:

<https://www.wsj.com/articles/the-food-that-helps-battle-depression-1522678367>

Screening tool:

<https://yalewell.yale.edu/mental-health/online-mental-health-screening>

Recommended reading material:

The Power of Now, Eckhart Tolle

Mindfulness: Finding Peace in a Frantic World, Anthony M. Williams

Recommended Videos:

The Power of Vulnerability, Brene Brown: <https://www.youtube.com/watch?v=iCvmsMzIF7o>

Phone support:

Suicide phoneline: 1-800-273-8255

Emotional support: 1-800-932-4616

Teen line: 717-394-2000

National Domestic Violence Hotline: 1-800-799-7233

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