

Links and Resources for Health Information

Telephone numbers are provided for resources that do not have links to a website. The resources with links are underlined.

[ADD, National Association](#)

[ADHD for Children and Adults](#)

[AI-Anon/Ala-teen](#)

Alcohol and Drug Information [Department of Health and Human Services](#)

[Alcoholics Anonymous](#)

Allergy and Asthma

[American Academy of Allergy, Asthma & Immunology](#)

[Food Allergy and Anaphylaxis Network](#)

[National Institute of Allergy and Infections Diseases on Allergies](#)

[National Heart, Lung, and Blood Institutes Informational Packet, "Controlling Your Asthma"](#)

[Allergy & Asthma Network Mothers of Asthmatics](#)

[Allergy: Food Allergy News for Teens](#)

[Asthma, Allergy Just for Kids](#)

[American Academy of Allergy, Asthma & Immunology](#)

[American Dietetic Association](#)

[American Lung Association](#)

[Anger Management](#)

[Arthritis Foundation](#)

[Asperger Syndrome](#)

[Attention Deficit Disorder Association](#)

[Autism Society](#)

Bicycle Safety Links

[National Bike Safety Network](#)

[American Academy of Pediatrics Bike Page](#)

[Bicycle Helmet Safety Institute](#)

[Kids Health Bike Page](#)

[Rad Rider's Safety Test for Kids](#)

[Safety City Bike Tour for Kids](#)

Board Of Health –Holliston- Call 508 429-0605

[Cancer Society](#)

Child Abuse Links

[Mass. Department of Social Services](#)

[Mass. Society for the Prevention of Cruelty to Children](#)

[Mass. Citizens for Children](#)

[Children's Trust Fund](#)

Child Abuse Hotline: Call 800-792-5200

[Childhood Depression Awareness](#)

[Dental Association of Massachusetts](#)

[Medline Plus](#) (National Institutes of Health) on mental health

[NAMI](#) (National Alliance for the Mentally Ill)

[Childhood Depression Awareness](#)

[Children's Hospital, Boston](#)

[Commonwealth of Massachusetts](#)

[Cystic Fibrosis Foundation](#)

[Deaf Children Society](#)

[Diet & Nutrition](#)

Diabetes

[Diabetes Association](#)

[Diabetes, Children](#)

[National Diabetes Education Program](#)

[National Institute of Diabetes and Digestive and Kidney Diseases](#)

[American Diabetes Association's page on Type I Diabetes](#)

[Juvenile Diabetes Research Foundation International Kids Online](#)

[National Library of Medicine's MedLine Plus Page on Diabetes](#)

[Dole's 5 a Day Website](#)

Drugs and Drunk Driving Links

The [CDC's](#) page on Drunk driving

[The National Highway and Traffic Safety Administration](#)



[Mothers Against Drunk Driving](#)

[The National Commission Against Drunk Driving](#)

[Drug Free America](#)

[The Century Council](#) Presented by Distillers

[Epilepsy Foundation](#)

[Family Fitness](#)

[Food Allergy Network](#)

[Food Allergy News for Kids and Teens](#)

[Food and Nutrition Information Center](#)

[Grief - All Kids Grieve](#)

Headaches: [National Headache Foundation](#)

[Head Lice - National Pediculosis Association](#)

[Healthy School Environments](#) A resource for schools and interested persons to address environmental issues in school.

Health Insurance for Children [Access to medical care in Massachusetts](#)

[Immunization - CDC](#)

Immunization: [Massachusetts Immunization program](#)

[Immunizations for Travelers](#)

[IntelliHealth: Poison Resources](#)

[Massachusetts Dental Society](#)

[MA Department of Public Health](#) on Poisons

Massachusetts Department of Public Health: Call: 508-481-4726

Massachusetts Department of Social Service: Call 508-424-0100

Massachusetts Department of Mental Health: Call 508-366-4401

MNA [Massachusetts Nurses Association](#)

[MetroWest Medical Center](#)

[NAMI](#) (National Alliance for the Mentally Ill)

[National Youth Sports Safety Foundation](#)

[Nutrition - Medline](#)

Nutrition: [Cook It Quick](#), for healthy, quick meals.

Nutrition: [KidFood.org](#), nutrition site for kids.

[National Safety Council](#) Family Safety Page

[Pediatric Clinic @ MetroWest Medical Center](#): Call: 508-383-1000

Poison Prevention

[American Association of Poison Control Center](#)

Answers to Commonly Asked Questions about Hazardous Waste from the [MA Department of Public Health](#)

[CNN's Poison Pages](#)

[IntelliHealth: Poison Resources](#)

Poison Center: Call: 1- 800-222-1222

Safety Links

[Safety site for kids](#)

[Some fun Safety Puzzles for kids](#)

[Pool Safety tips from the American Academy of Pediatrics](#)

[Kids Health Sport Safety Page](#)

[National Youth Sports Safety Foundation](#)

[School Nurse Organization \(Massachusetts\)](#)

[School Nurse Organization \(National\)](#)

Stress: [From the University of Minnesota](#), articles on stress reduction

Stress Reduction Techniques: [Mind Body Institute](#)

[Suicide Prevention](#)

Tobacco Links

[CDC's Tobacco page](#)

[TryToStop.org](#)

[QuitsmokingSupport.com](#)

[Tobacco Free Kids](#)

[USDA Center for Nutrition](#)

[Women, Infants, Children \(WIC\): Nutrition Program](#)