

## Helpful Links

The following links offer information on a variety of subjects that may be of interest to HSC employees.

### Select a topic:

- [Counseling](#)
- [Drug & Alcohol Abuse](#)
- [Health Issues](#)
- [Families & Children](#)
- [Financial Resources](#)
- [Military Links](#)
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### Counseling

[American Psychological Association](#): Link to the official home page of the American Psychological Association.

[Brazos County Rape Crisis Center](#): BCCC is a support counseling agency providing anonymous, confidential, internet support counseling, 24-hour hotline and advocacy and information for all survivors of sexual abuse.

### Drug & Alcohol Abuse

[Texas A&M Health Science Center Substance Abuse Policy](#): Link to HSC Rule 34.02.99.Z1, Alcohol and Illegal Substance Abuse.

[AlcoholScreening.org](#): This web-site has 3 sections: Screening, Learn More and Find Help allowing the user to better understand how their drinking may be affecting their health. The site also provides information about alcohol-related health topics including alcohol consumption guidelines, how to cut down on drinking, tips for teens, what to do if someone you know has a problem and links to additional support resources. User can also search the database for treatment providers in their area by simply providing their ZIP code.

["Make a Difference: Talk to Your Child About Alcohol"](#), a booklet by The National Institute on Alcohol Abuse and Alcoholism ([NIAAA](#)), discusses prevention strategies for parents who want to keep their children from drinking. The booklet also describes warning signs that might indicate a child is experimenting with alcohol.

[Brazos Valley Council on Alcohol and Substance Abuse](#) and the [Prevention Resource Center \(PRC\)](#) is charged with maximizing the Alcohol, Tobacco, and Other Drug (ATOD) prevention efforts in Brazos and surrounding counties.

[National Substance Abuse Index](#): Information on illicit drugs, alcohol, and tobacco are provided in these web sites.

[Drug Free America](#): Link to the Drug Free Resource Net, the largest, most accurate database of drug information on the Web.

[Addiction Resources](#): Resources from HBO's program entitled 'Addiction'.

### Health Issues

[Brazos Valley Health Partnership](#). Link to a number of BVHP Partners whose mission is to improve health status and access to care our seven-county region.

[TAMUS Health Plan Provider information](#): Insurance websites and customer service telephone numbers.

[Quitnet \(Stop Smoking\)](#): This web site provides scientific methods to support smokers who are thinking of quitting and/or actively trying to quit. Site provides educational materials, daily tips, quitting guides, and forums for sharing with others.

[Diabetes Network](#): This web site provides information and support for diabetes care.

[Mental Health and Mental Retardation](#). Link to Texas Online, offering links to an array of resources pertaining to mental health and mental retardation.

### **Families & Children**

[Attorney General of Texas](#): This site contains information about child support services, crime victims compensation, and consumer protection. Also available is domestic violence related information such as developing a safety plan and where to obtain a protective order.

[Family Education Network](#): This web site offers tips and information to help parents facilitate their children's success.

[Brazos Valley Council of Governments](#): This is a regional association of city and county governments providing programs and services. These programs include the Housing Assistance Program, Brazos Valley Area Agency on Aging, and the Brazos Valley Workforce Center.

[Brazos Valley Workforce Center](#): This local organization provides information and links for a variety of issues including childcare, eldercare, housing assistance, and career resources.

### **Financial Resources**

[Consumer Credit Counseling Service](#) : Provides free budget counseling, educational programs, debt management assistance, and housing counseling.

### **Military Links**

[About Our Kids.org](#) : Web site operated by New York University Child Study Center. Offers helpful information about parenting, children's mental health issues, and helpful hints about talking to children about trauma and international events.

[MilitaryTimes.com](#): Web site that provides breaking news as well as personal financial and healthcare information and helpful links.

[National Military Family Association](#): Dedicated to providing information to and representing the interests of family members of the uniformed services. Includes links for education, health care, and military family news.

[AgriLIFE Extension, Family and Consumer Sciences, Military Support Program](#) : Web site provides information and links to improve the quality of life for soldiers and their families.

### **Information for Job Seekers**

[Jobs with the Texas A&M Health Science Center](#):

[Brazos Valley Workforce Center](#): Local organization that provides information and links for a variety of issues including career resources, job search information, housing assistance, and child care.

Online job, resume building, and career resource sites:

- [Systemwide Job Search](#) (review job openings at A&M System locations throughout Texas).
- <http://www.monster.com>
- <http://www.hotjobs.com>
- <http://careerbuilder.com>

### **Personal Information**

[American Psychological Association Help Center](#) : Includes information about coping with problems as work, balancing work and family life, stress, and family relationships.

### **Other Links**

[Teacher Retirement System of Texas](#)

[Texas Online](#): Texas at your fingertips. Links to state agencies.

[HSC White Pages](#): Faculty and Staff Directory