



## Visitor's Guide to HelpStartsHere.org

1. **Kids and Families Topics** – Youth development, schools and communities, veterans affairs, healthy parenting, adoptions/foster care, family safety and child development.
2. **Mind and Spirit Topics** – Depression, suicide, anxiety, stress management, grief and loss, relationships and eating disorders.
3. **Health and Wellness Topics** – Living with illness, death and dying, disabilities, cancer, HIV/AIDS and healthy lifestyles.
4. **Seniors and Aging Topics** – Residential long-term care, caregiving, Alzheimer's and dementia, vital aging and lifespan planning.
5. **Issues and Answers**—Special hot topics are featured throughout the year.
6. **Real Life Stories**—News stories that showcase people helped by social workers.
7. **Did You Know**—Quick facts about the social work profession.
8. **Find a Social Worker**—Searchable databases of clinical social workers in your area.
9. **Professional Info**—Credentials, education and standards that define the profession.
10. **Our Contributors**—Full list of social workers who have contributed site content.