

- a. Adult Down Syndrome Center Resource Library
 - i. <https://adscresources.advocatehealth.com/resources/>
 - ii. Resources can be easily sorted through based on topic of interest or viewed by most recent additions or alphabetically by title. There are over 40 topics covered and can be aimed at individuals with Down syndrome, their caregivers, and healthcare professionals
- b. ID Mental Health Therapy Guidelines Book
 - i. https://www.rrtcniisonger.org/wp-content/uploads/2023/08/ID-Mental-Health-Therapy-Guidelines_FINAL_8.11.23.pdf
- c. Finding a Mental Health Therapist for Your Child with Special Needs
 - i. <https://rosereif.com/finding-special-needs-mental-health-therapist/>
- d. HOPE Labs (Healthy Outcomes and Psychosocial Equity)
 - i. Information about Trauma Informed Care for people with IDD
<https://hope.lab.vcu.edu/>
- e. NDSS
 - i. Health and Wellness Program <https://ndss.org/health-and-wellness-program>
 - 1. 321 Go! <https://ndss.org/321go>
 - 2. Resources <https://ndss.org/resources?topical=24>
 - 3. Athlete Ambassador Team <https://ndss.org/athlete-ambassador-team>
 - 4. Advocacy and Policy Related to Health
https://ndss.org/advocacy#p_health
 - ii. Resources list can be organized/searched by the topical categories including aging, caregiving, education, employment, health, local referrals, research, and all.... It can also be organized/searched by lifespan categories including adolescence, adulthood, aging, childhood, early childhood, diagnosis, school age, and all
- f. NDSC
 - i. Programs and Resources
 - 1. Health Care and Medical Resources
<https://www.ndsccenter.org/programs-resources/health-care/>
 - a. Down syndrome clinic list
<https://www.ndsccenter.org/programs-resources/health-care/down-syndrome-clinics/>
 - b. Medical Care Guidelines for Adults
<https://www.globaldownsyndrome.org/medical-care-guidelines-for-adults/>

2. Ages and Stages (includes birth-2,3-5, elementary, tweens/teens, transition to adulthood, 20s/30s, 40+, self advocates, and co-occurring DS/ASD <https://www.ndscenter.org/programs-resources/as/>
 - a. Transition to Adulthood
<https://www.ndscenter.org/programs-resources/as/transition/>
 - i. Pediatric to Adult HealthCare transition
 - ii. Post secondary education
 - iii. Job search
 - b. 20s/30s
<https://www.ndscenter.org/programs-resources/as/20s30s/>
 - i. Global Medical Care Guidelines
 - ii. Self-Talk in Adults with Down syndrome
 - c. 40+
<https://www.ndscenter.org/programs-resources/as/40plus/>
 - i. Global Medical Care Guidelines
 - ii. Alzheimer's Disease and Down syndrome
 - d. Self-Advocates
<https://www.ndscenter.org/programs-resources/as/self-advocates/>
 - i. Self-Advocate Resolution
 - ii. Advocacy Toolkit for Self-Advocates
 - iii. Self-Advocate Council

g. GDSF

- i. About Down Syndrome
 1. Global Medical Care Guidelines For Adults with Down Syndrome
<https://www.globaldownsyndrome.org/medical-care-guidelines-for-adults/>
 2. Resources (medical guidelines)
<https://www.globaldownsyndrome.org/about-down-syndrome/resources/>
- ii. Research and Medical Care
 1. DS Medical Centers in US
<https://www.globaldownsyndrome.org/research-medical-care/medical-care-providers/>

h. NADS (focused in Chicago)

- i. Who are you?
 - 1. Teen & Adults <https://www.nads.org/teens-adults/>
 - a. Access to further links for resources that can contribute to MH regarding the Adult Down Syndrome Center, Arts Resources, Sleep Apnea, Educational, Social Networks, Employment, Advocacy, Local resources, Self-advocacy resources, volunteer opportunities, i love my life, no boundaries
 - 2. Resources
 - a. Grief and Loss resources
<https://www.nads.org/resources/grief-and-loss-resources/>
- i. Down Syndrome Clinic To You
 - i. <https://www.dsc2u.org/>
 - ii. Provides step by step guidance and medical based suggestions based on caregiver report when local Down syndrome specific medical care is not a feasible option