



Get the Facts on APA Public Education Resources

The American Psychological Association (APA) Practice Directorate offers fact sheets on a variety of topics that members can download for distribution to clients and for public education purposes. These fact sheets are intended to be helpful for your practice, as well as for community and public education activities in which you are involved.

Select fact sheets are available in packets of 50 for free to APA members. To order packets, visit the Psychology Help Center at on.apa.org/pec-brochures.

All fact sheets may be reproduced in their entirety without modification.

HOW PSYCHOLOGISTS CAN HELP FACT SHEET SERIES

The public often does not often realize the breadth of mental and behavioral health issues psychologists are trained to treat. The APA fact sheet series, *How Psychologists Can Help*, informs the public about how psychologists can help patients manage a range of chronic health conditions.



Maintaining a
Heart-Healthy Lifestyle



Getting Your
Weight under Control



Taking Control of
Your Diabetes



Getting a Good Night's Sleep



Managing
Chronic Pain



AMERICAN PSYCHOLOGICAL ASSOCIATION PRACTICE DIRECTORATE

Additional Fact Sheets Available For Download

APA's Public Education Campaign includes a Mind/Body Health campaign and the Psychotherapy Awareness Initiative.

The Mind/Body Health Campaign (available online at www.apa.org/practice/programs/campaign/mind-body.aspx) emphasizes the central role psychologists play at the intersection of psychological and physical health.

The psychotherapy awareness initiative (available online at www.apa.org/psychotherapy) educates consumers about the effectiveness of psychotherapy in treating depression, anxiety and other psychological concerns.



For a Healthy Mind and Body... Talk to a Psychologist



Parity Consumer Guide



How Stress Affects Your Health



Understanding Anxiety Disorders and Effective Treatment



Understanding Depression and Effective Treatment



Harnessing Willpower to Meet Your Goals



Bookmarks and Magnet

HOW TO ORDER MATERIALS

1. Visit on.apa.org/pec-brochures
2. Have your APA membership number handy
3. Make your selection & complete form
4. Hit submit