

Web Sitings

Veterans Day Launch to Address Benefit Questions

<http://www.va.gov/healthbenefits> was launched on Veterans Day to explain the often confusing issue of health benefits for veterans. It's a simple site with 3 main tabs: "Apply for VA Health Benefits"; "Determine Cost of Care"; and "Access Health Benefits." Clicking on "Apply for VA Health Benefits" brings users to a page with more links, including a link for veterans and a link for returning service members (OEF/OIF/OND). It also provides a benefits application form, a link on the application process, and a contact phone number. Other links are provided for active duty service members, family members of veterans, and treatment of allied and foreign national beneficiaries. Clicking on "Determine Cost of Care" provides links to more information about copays, private health insurance care, and financial assessment and income verification. Clicking on "Access VA Benefits" allows access to information about the VA's medical benefits package or accessing VA health care services. Information on the medical benefits package covers such topics as ancillary services, appointments, bereavement counseling, caregivers, and emergency care.

Psychosis Demystified

The definition of psychosis appears on the home page of the Web site www.nami.org/psychosis, and a survey addresses the first episode of psychosis. The Web site offers suggestions on how to seek treatment and understand the issues faced by people who experience psychosis.

Clicking on the "Diagnosis and Intervention" tab discusses the challenges of diagnosing psychosis as well

as the importance of ruling out certain maladies, such as uncontrolled diabetes or an infection. Clicking on "Research Directions" will bring a user to different reports regarding various interventions. The "Living With Psychosis" tab provides information under headings such as Coping, Feedback and Tips, Changing Experiences and Needs, Hospitalization, Work and School, Suicide and Prevention, and Handling an Emergency or Crisis. This section reminds readers that they are not alone (3% of people will experience psychosis).

The Feedback and Tips section provides highlights from people's responses to a survey on schizophrenia. Some of the most challenging issues cited from people who have had their

avoid it/them, learn stress reduction and management, and do what you can incrementally.

Caregiver Support Web Site

The Web site <http://www.carerunner.com> was launched to assist those who are caregivers. Caregivers can participate in a community journal (by clicking the "Online Tools" tab), where they may find words of encouragement while continuing to care for a loved one. Site users can also take advantage of the online filing cabinet, where they can store personal health records, prescription details and instructions, doctor and emergency contacts, and legal documents, such as power of attorney and wills. Click-

The screenshot shows the NAMI website's page for "First Episodes of Psychosis". The header includes the NAMI logo and navigation links like "Mental Illnesses", "Treatment", "Support & Programs", etc. The main content area features a large title "First Episodes of Psychosis" with a colorful background. Below the title, there are sections for "About the First Episodes of Psychosis" and "What Is Psychosis?". The "About" section explains that early identification and evaluation of the onset of psychosis is an important health concern. The "What Is Psychosis?" section defines psychosis as a loss of contact with reality. A sidebar on the left contains a search bar and a login form. At the bottom of the page, the URL <http://www.nami.org/psychosis> is displayed.

first episode of psychosis include telling other people and confronting the stigma, knowing what to believe, no longer being taken seriously by others, fear of relapse, losing control, and suicidal thoughts. Survey participants said the following steps helped them: find the right doctor and medication, take your medication, know what "triggered" your psychosis and

ing on "Goods & Services" brings a caregiver to a list of products and services that may help make their lives easier. The "Expert Advice" tab provides medical advice in an easy-to-understand format. The questions asked range from basic physical requirements to the mental health and welfare of their loved ones—and for the caregivers themselves.