

PsychCentral.com is a Top Destination for Mental Health Information Online

Psych Central® today announced its expansion at www.PsychCentral.com in response to an increasing trend of people seeking reliable mental health and psychology information online. Thousands of pages of original content are offered. New sections will be coming soon.

HAVERHILL, Mass. – Sept. 7, 2006 – Psych Central® today announced its expansion in response to an increasing trend of people seeking reliable mental health and psychology information online. Over the next few weeks, visitors to PsychCentral.com will enjoy a redesigned site with expanded mental health content including news and information on current and upcoming clinical trials. Visitors will also soon be able to subscribe to personalized newsletters and enhanced community features.

“We are thrilled with the site’s success,” Dr. John M. Grohol, Psy.D., founder and publisher of Psych Central said. “The recent trend of people shifting their sleuthing online for reliable mental health and psychological information puts us in a great position to help people who are in need,” he said.

According to the Pew Internet & American Life Project, 80 percent of Internet users (about 95 million Americans) have looked for health information online. With mental health topics making up approximately 25 percent of general health concerns, nearly 24 million Americans will benefit from Psych Central’s new offerings.

Psych Central was founded by Dr. John M. Grohol, Psy.D. in 1995 to offer professionally-reviewed mental health information and resources to consumers. The site now offers more than 6,000 pages of free resources, including the “Ask the Therapist” feature, interactive quizzes, a thriving online community, and ratings and reviews of medications and treatments. Tens of thousands of visitors from around the world visit the site each day, including the popular World of Psychology blog. Dozens of Psych Central RSS feeds are also available at: www.PsychCentral.com/about/rss.htm.

“With the start of the academic year upon us, it’s a great time to subscribe to Psych Central’s World of Psychology blog or news feeds to quickly and easily keep up with the latest developments in the field,” Dr. Grohol said.

Psych Central is listed in Forbes’ “Best of the Web” directory and has been noted in the Wall Street Journal, L.A. Times, Newsweek, U.S. News & World Report, the Washington Post, USA Today, and Business Week for its coverage and reliability within the mental health and psychology field.

About Psych Central

Psych Central is a leading consumer mental health portal. Located at www.PsychCentral.com, the site features original, peer-reviewed editorial content, news, research briefs, clinical trials, ratings and reviews of medications and treatments, the popular World of Psychology blog, and a thriving online community. Each month more than 600,000 people visit Psych Central’s independent libraries and communities, contribute to their own blogs, take an interactive screening quiz, and track their progress over time. Founded in 1995, Psych Central is published by John M. Grohol, Psy.D., a pioneer and expert in online mental health. Dr. Grohol's leadership broke down the barriers of stigma often associated with mental health concerns, bringing



trusted resources to the Internet.

Psych Central does not provide professional diagnosis or treatment.

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