

## **PsychCentral.com Celebrates Tenth Anniversary of Weekly Live Chats with Dr. John Grohol, Psy.D.**

*Today PsychCentral.com will celebrate the tenth anniversary of live weekly Q&A online chats with Dr. John Grohol, Psy.D. The chats offer information and support for general mental health and relationship issues for participants. Psych Central is one of the top mental health and psychology portals on the Internet with news, blogs, quizzes, community, and other informational resources.*

HAVERHILL, Mass. (PRWEB) October 17, 2006 -- Psych Central® will celebrate the tenth anniversary of live question and answer online chats this evening with Dr. John Grohol, Psy.D. The online chats offer patients the opportunity to ask a professional about general mental health and relationship issues. Log-in at forums. PsychCentral.com from 9 – 10 p.m. Eastern to participate (a free PsychCentral.com membership is required).

"I can't believe it's been 10 years," said Dr. John M. Grohol, Psy.D., founder and publisher of Psych Central. "We started this weekly online chat a decade ago to encourage people to ask questions of professionals, thinking it might help reduce the stigma and barriers often associated with mental health concerns. We've been overwhelmed by the amount of positive feedback received over the years from people who found support and advice from the chats," Dr. Grohol said.

Psych Central is a popular mental health and psychology portal at PsychCentral.com that was founded in 1995 and has grown to attract more than 600,000 visitors per month. The site features a news section, rate-and-review medication library, a strong community, and countless articles and linked resources for valuable mental health and psychology information online.

For the past 10 years, Dr. Grohol has been hosting the hour-long Tuesday question and answer chats to help people who are seeking information or support. Since 1996, more than 10,000 people have participated in the chat, which are free and open to the general public. Once in the chat room, participants may observe, ask questions about a mental health or relationship concern, or contribute to a subject of discussion.

### About Psych Central

Psych Central®, located at PsychCentral.com, is a leading mental health portal that 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 support 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 helped to break 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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