

MANIFESTATION BABE CRISIS & LIFE EVENT RESOURCE MASTER LIST

** **Disclaimer:** Manifestation Babe has not personally vetted the resources listed in this document. We encourage you to do your own research outside of this document to make sure the resource you select is the right fit for you**

LOSS RESOURCES

Grief

Books

- [The Grief Recovery Handbook by John James](#)
- [What Now? Anxiety, Depression & Grief: A Concise Guide Tools for Adults and Children by Joy E. Hitzaler](#)
- [How To Heal A Grieving Heart by Doreen Virtue](#)
- [Notes on Grief by Chimamanda Ngozi Adichie](#)
- [A New Normal: A Grieving Mother's Journey from Loss to Healing by Lorelee Scobie](#)

Articles / Blogs

- [Grieving The Loss of Your Old Self](#)
- [The Grief Diaries](#)

Podcast

- [Terrible, Thanks For Asking](#)

Coaches / Therapists / Public Figures

- Alua Arthur - [@going_with_grace](#)
- Alex Mammadyarov - [@alexammadyarov](#)

- [@grief.unravelled](#)
- [Dipti Solanki - Grief Coach](#)
- [Nora Speaks Life](#)
- [Grief Coaching](#)

Support Groups / Facilities / Communities

- [The Dinner Party](#)
- [The Grief Recovery Method](#)
- [Camp Good Grief](#)
- [Refuge in Grief](#)
- [Modern Loss](#)
- [Twin Grief](#)
- [What's Your Grief](#)
- [Too Damn Young](#)
- [Actively Moving Forward](#) - Teen Grief

Additional Resources

- [Grief Works: Support For Loss App](#)
- [Helpful Websites For Grieving](#)

Loss Of A Loved One

Books

- [Talk To The Entities by Shannon O'hara](#)
- [Motherless Daughters: The Legacy Of Loss by Hope Edelman](#)
- [The Hot Young Widows Club](#)

Coaches / Therapists / Public Figures

- [End-Of-Life Coaching w/ Georgina Langdale](#)
- [Sarah Lustig, LPC, Therapist and Life Coach](#)

- [Rena Marvin - Loss of a loved one and grief counseling](#)
- [Niki Cozmo - Hypnotherapist - @nikicozmo](#) Grief & Loss
- [Libby | Grief and Resilience Coach - @libberated](#)
- [Sinéad M. Kennedy- @sineadmkenneydlcsw](#) - Clinical Therapist
- [Keli Schurman-Darby End of Life Doula | Email: kelidarby1988@yahoo.com](#)
- [1:1 Tapping Coach For Loss of a Loved One - @stepintocalm | Email: fiona@stepintocalm.com](#)
- [Life Coaching For Widowed Moms](#)

Support Groups / Facilities

- [Center For Loss & Life Transition - Dr. Alan Wolfelt](#)
- [The Loss Project](#)
- [Military Loss Support](#)
- [Ele's Place - A Healing Center For Grieving Children & Teens](#)
- [Grief: Releasing Pain, Remembering Love & Finding Meaning](#) - Facebook Group
- [Widow 411](#)
- [Helping Parents Heal Facebook Group](#)
- [The Onsite Foundation](#)
- [Modern Widows Club](#)
- [Soaring Spirits - partner loss](#)
- [The Liz Longelin Foundation](#)
- [Compassionate Friends](#) - sibling loss/child loss
- [The MISS Foundation](#) - child loss
- [Mommy Interrupted](#) - child loss
- [Project Grace](#)

Additional Resources

- [Band Back Together: Loss Resources](#)

Divorce / Break Up

Books

- [The Holistic Divorce: A Practical 10 Step Process for Healing by Olga Nadal](#)

Podcast

- Closeted Soul Podcast - Ep 26: [Coming back to your souls essence, healing the heart & understanding our triggers](#)

Coaches / Therapists

- [Relationship Coaching - Heidi Shaner Wellness](#)
- [Dr. Andrea Liner](#) - Licensed Clinical Psychologist & Breakup Coach
- [Nancy Ruth Deen](#) - Break Up Coach

Support Groups / Communities

- [Break Up Facebook Support Group](#)
- [Reframe, Rebuild, Rise up Private Facebook Group](#)

Additional Resources

- [Free Heart Healing Meditation](#)

Death Of A Pet

Coach / Therapist

- [Emerald DuCoeur](#) - Connect w/ Your Companion

ABUSE RESOURCES

Abuse & Trauma General

Books

- [Healing from Hidden Abuse by Shannon Thomas](#)
- [The Body Keeps the Score by Bessel van der Kolk](#)
- [The Covert Passive Aggressive Narcissist by Debbie Mizra](#)
- [Healing The Shame That Binds You by John Bradshaw](#)
- [Homecoming by John Bradshaw](#)
- [You Can Thrive After Narcissistic Abuse: The #1 System for Recovering from Toxic Relationships by Melanie Tonia Evans](#)
- [You Are Your Own Jamie Lee Finch](#)
- [The Courage to Heal - Ellen Bass](#)
- [The Post Traumatic Growth GuideBook - Arielle Schwartz](#)
- [The Sexual Healing Journey - Wendy Maltz](#)

Articles / Blogs

- [Embodying Medusa as a Survivor of Sexual Assault](#)

Coaches / Therapists / Public Figures

- [Abuse & Trauma Therapist - Sarah Griffiths](#)
- [Amy Fiedler](#)
- [Alyssa Cotten](#)
- [Stephanie Jaie](#)
- [Joy Hitztaler](#)
- [Lighthouse Energy](#)
- [Margaret Swift Thompson](#)
- [Mind Motivation Coaching](#)
- [Felicity Powers](#)
- [Therapeutic Oasis](#)

- [Holistic Psych Healing](#)
- [Ruairi Stewart](#)
- [Ingunn Tennbakk](#)

Support Groups / Facilities / Communities

- [Courage 365](#)
- [SNAP Survivors](#)
- [Canadian Red Cross](#)
- [Canadian Center For Child Protection](#)
- [Talking For Change \(Abuse Prevention\)](#)
- [After Narcissistic Abuse](#)
- [Saddleback Church](#)
- [Daughters of Narcissistic Families](#)
- [The Covert Passive Aggressive Narcissist Support Group](#)
- [House of Ruth shelter](#)
- [Good Shepherd](#)
- [HM3 Advocate, Inc. \(Arizona\)](#)
- [Walk in Counselling \(Ontario\)](#)
- [1800 Respect](#)
- [FreeSelf](#)
- [TESSA \(Colorado\)](#)
- [Ways to Heal Community for Empaths and Sensitives](#)

Additional Resources / Help Lines

- [YWCA](#)
- 811 Health Line - Dial 811 in any Canadian Province
- [Safe Helpline](#) - or call 1-877-995-5247
- Canada [Talking for Change \(Abuse Prevention\)](#)
- Canada [Domestic Abuse Services](#)
- [Canadian Women's Foundation](#)
- [Canadian Network for the prevention of Elder Abuse](#) - Elderly Abuse
- Assaulted Women's Helpline -1-866-863-0511

- [Canadian Centre for Child Protection](#)
- [Canadian Red Cross](#)
- Childhelp National Child Abuse Hotline (US and Canada; 170 languages): 1-800-4-A-Child or 1-800-422-4453. Crisis intervention and information, referrals to support services. Confidential 24/7 support.
- [Child Protective Services](#)
- The National Domestic Violence Hotline (200 languages): 1-800-799-7233 or 1-800-787-3224 (TTY). Advocacy information and safety planning. Email (English) and chat (English and Spanish) are also available.
- National Dating Abuse Helpline (200 languages): 1-866-331-9474 or 1-866-331-8453 (TDD). Email and text (English) and chat (English and Spanish) are also available on their site.
- Freephone 24-hour National Domestic Violence Helpline (UK; English): 0808-2000-247. Email is also available from their site.
- National Sexual Assault Hotline (US; English and Spanish): 1-800-656-4673.
- [RAINN.org](#) (Rape, Abuse & Incest National Network): Programs to help prevent sexual violence, help survivors, and bring offenders to justice. <https://www.rainn.org/> Includes the National Sexual Assault Online Hotline (US). Live chat. Help from a trained support specialist.
- [The National Child Traumatic Stress Network](#): Information on crisis hotlines, mental health guidance, help for abused or neglected children, help for sexually abused children, responding to disasters, and victim assistance and compensation programs.
- [The National Center for Victims of Crime](#): Resources to assist victims of crime. Help in learning about victim rights and options
- [Office for Victims of Crime](#): Resources that provide services to crime victims.
- Partnership Against Domestic Violence national crisis line: 800-621-4673
- [Polaris](#) (Human Trafficking)
- [Center for Prophetic Listening \(Life Coaching\)](#)
- [Rape & Sexual Violence Project](#), Birmingham UK.
- [Oxfordshire Sexual Abuse and Rape Crisis Centre](#), Oxford, UK
- Solace - 0808 801 0305 (UK)
- 24hr National Domestic Violence Helpline - 0808 2000 247 (UK)
- [MindChange](#)
- Safe Harbor 507-328-7270; 24 HOUR CRISIS- 507-289-0636

New Zealand Resources:

- Safe to Talk—sexual harm helpline | Phone: 0800 044 334 (24/7 helpline)
- [Women's Refuge New Zealand](#)—Live safe from violence | Phone: 0800 733 843 (24/7 helpline)

- Child Abuse Prevention Parent Helpline | Phone: 0800 568 856 (aka Parent helpline)
- [Safe Network](#)—all forms of harmful sexual behavior. Safe provides services for sex offenders and their families. Phone: 09 377 9898 / Fax: 09 377 9229
- Shine—physical and emotional abuse | Phone: 0508 744 633 (9 a.m.–11 p.m., 7-days-a-week helpline)
- It's Not OK—family violence | Phone: 0800 456 450
- Oranga Tamariki (government—Ministry for Children)—all forms of abuse on children | Phone: 0508 326 459
- Victim Support—help support victims of crime 24/7 | Phone: 0800 842 846
- Lifeline Aotearoa—help support victims of crime 24/7 | Phone: 0800 543 354 / Text: 4357
- [Youthline—24/7 help](#) | Phone: 0800 376 633 / Text: 234

Philippines Resources:

- [Virlanie Foundation \(for children\)](#) | Phone 8-896-2289
- [Bantay Bata 163](#) | Dial 1-6-3 to report abuse

Domestic Violence

Support Groups / Facilities

- [Domestic Abuse Services](#)
- [Domestic Shelters](#)
- [Laurel House](#) (Pennsylvania)
- [National Association of Crime Victim Compensation Boards](#)
- National Domestic Violence Hotline 1-800- 799-7233
- [Domestic Violence Shelter Locator](#)
- [National Coalition Against Domestic Violence](#)
- National Dating Abuse Helpline 1-866-331- 9474
- [Stalking Resource Center](#)

Additional Resources

- National Domestic Violence Hotline: 1-800-799-7233
- Canyon Creek Services Cedar City, Utah: 435-867-9411

- [Rainbow Services](#)
- [Breath 2 Blossom Yoga](#)
- Domestic Violence Hotline - (800) 799-SAFE;
- Sexual Abuse & Assault Hotline (800)656-HOPE;
- National Child Abuse Hotline (800) 422-4453

Rape / Sexual Assault / Sexual Harrasment

Help Line

- Assaulted Women's Helpline - 1-866-863-0511
- [Safe Help Line](#) - call 1-877-995-5247

Support Groups / Facilities

- [Little Warriors](#)

Additional Resources

- [Bikers Against Child Abuse \(BACA\)](#)
- [RAINN National Sexual Assault](#) | Hotline 1-800- 656-HOPE
- [SafeHorizon](#) - victim assistance programs
- [1 in 6](#) (resource for male victims of sexual violence)
- [Beyond MST by US Department of Veteran Affairs \(VA\)](#) - App

Human Trafficking & Exploitation

Resources & Help Lines

- National Human Trafficking Hotline 1- 888-373-7888 | Text: BeFree to 233373
- [Coalition to Abolish Slavery & Trafficking](#) | 1- 888-539-2373
- [World without Exploitation](#)
- [Immigration Assistance for Trafficking Survivors](#)

MENTAL HEALTH RESOURCES 316

Anxiety / Depression

Books

- [What Now?: Anxiety, Depression, & Grief, A Concise Guide, Tools for Adults and Children](#)

Coaches / Therapists

- Trauma & Anxiety Expert - Stephanny, PsyD. [@holistic.psych.healing](#) | Email: holistic.psych.healing@gmail.com
- [Anxiety Self-help class - Back to Calm](#)
- [Dr. Allison Williams - Naturopathic Doctor](#)
- [Alyssa Coten - Anxiety & Trauma Counselor](#)

Support Groups / Facilities

- [Integrative Holistic Mental Health And Wellness Center](#)
- [Anxiety Canada](#)

Narcissism

Books

- [The Covert Passive Aggressive Narcissist by Debbie Mirza](#)

Support Groups / Facilities

- [The Narcissistic Abuse Recovery Program \(NARP\)](#)

Additional Resources

- [The Transforming Family of Origin Wounds Course](#)

OCD

Coaches / Therapists

- [Sandra: OCD & Body Focused Repetitive Behavior Coach](#)

Support Groups / Facilities

- [OCD Center Los Angeles](#)

Eating Disorder / Anorexia / Bulimia

Books

- [Intuitive Eating: A Revolutionary Anti-Diet Approach \(body respect & recovering from chronic dieting\)](#)

Support Groups / Facilities

- Canopy Cove Eating Disorder Treatment Center - (850)893-8800 13305 Mahan Drive Tallahassee, FL 32309
- [Eating Disorder Hope](#)

Additional Resources

- [National Eating Disorders Association](#)
- [ANAD - Support for Anorexia Recovery](#)
- [BEDA - Binge Eating Disorder Association](#)

PTSD

Books

- [Complex PTSD by Pete Walker](#)

Coaches / Therapists

- Jo-Anne Gurriere - +1 (805) 368-7908

Support Groups / Facilities

- [Roland Bal, trauma and complex PTSD](#)

Additional Resources

- [PTSD Coach by US Department of Veteran Affairs \(VA\)](#) - App

Suicide Prevention

Books

- [This Is Not How It Ends by Jehan Casinader](#)

Support Groups / Facilities

- [The Jed Foundation](#)

Helpline

- National Suicide Hotline (800) 273-8255
- Veteran Suicide Prevention 1-800-273-8255
- Befrienders Worldwide
- Beyond Blue (Australia), 1300 22 4636
- Kids Helpline (Australia), 1800 55 1800
- Distress Centre (Canada), 403-266-HELP (4357)
- Kids Help Phone (Canada), 1-800-668-6868
- Lifeline Shanghai (China; English only), (021) 62798990
- Samaritans (United Kingdom and Ireland), 116 123
- National Suicide Prevention Lifeline (USA; English and Spanish), 1-800-273-8255

- Crisis Text Line (USA), text HOME to 741741
- Native Youth Crisis Hotline (Native Americans in the USA), 1-877-209-1266
- 1-800-121-3667 Suicide Prevention Hotline

Trauma

Books

- [The Body Keeps The Score by Bessel Van Der Kolk](#)
- [It Didn't Start With You By Mark Wolynn](#)

Coaches / Therapists

- [Katie DiChiara: Neurosculpting; TRE Trauma Release Exercises](#)
- [Life First Therapy with Holly Sawyer](#)
- [Janine Wirth](#)
- [Heidi Rogers - Trauma Specialist](#)

Support Groups / Facilities

- [Option B](#)

Additional Resources

- [EMDR International Association](#)
- [Therapy in a Nutshell Youtube Channel](#)
- [Trauma Informed Weightlifting](#)

Toxic Parental/Familial Relationship

Books

- [Discovering The Inner Mother: A Guide To Healing The Mother Wound and Claiming Your Personal Power by Bethany Webster](#)

Processing Difficult Emotion

Articles / Blogs

- [9 Tools For Sitting With Difficult Emotions](#)

General Mental Health

Helplines

- Associates in Psychiatry & Psychology- 507-288-8544
- [Zumbro Healthy Valley](#) - Mental Health Support - 507-289-2089
- Addiction & Mental Health Helpline (800) 622-HELP
- Samaritans 24-Hour Crisis Hotline (212) 673-3000
- [National Alliance on Mental Health](#)
- Crisis text line (text HOME to 741741)
- 116 123 - Samaritans Crisis Line (UK)
- Kids Help Phone - inclusive services are available to young people (kids, teens, and young adults) across Canada: 1-800-668-6868
- [Flo Crisis Support](#)
- 811 Health Line - Dial 811 in any Canadian Province
- [Mental Health Foundation of New Zealand](#)—helpful information on mental health resources throughout New Zealand | Phone: 09 623 4810

Books

- [Befriending Your Nervous System by Deb Dana](#)
- [How To Do The Work By Dr. Nicole LePera](#)
- [Adult Children of Emotionally Immature Parents by Lindsay C. Gibson](#)
- [Recovering From Emotionally Immature Parents by Lindsay C. Gibson](#)
- [Darkness is Golden by Psychologist Mary Hoang](#)
- [When Women Rise by Dr. Michelle Kambolis](#)

Blogs / Articles

- [Anxiety & Panic Resources](#)
- [Mental Health Resources](#)

Podcast

- [Take Out Therapy Podcast - Rebecca Hunter MSW](#)
- [Self Helpless Podcast](#)
- [Therapy For Black Girls](#)
- [New View Advice Podcast](#)

Support Groups / Communities

- [@holdinglightwithin](#)
- [Distress Center of Ottawa and Region](#)
- Family Service Rochester 507-287-2010
- [Alma Support](#)
- [The National Child Traumatic Stress Network](#)
- EVRYMAN [@_evryman_](#) - Mens Social & Emotional Health Organization
- [Child Psychology Institute](#)
- [Mind Charity UK](#)
- [The Mind Spot AU](#)
- [Maternal Mental Health Program](#)
- [Mind Change](#)
- [Inclusive Therapists](#)
- [Canadian Mental Health Association](#)
- [Crisis Services Canada](#)
- [Open Counseling](#)
- [Wellness Together Canada](#)
- [Mental Health Commission of Canada](#)
- [It's Up To Us](#)
- [Asian Mental Health Project](#)
- [Be There](#)

- [Jack.org](#)
- [Therapeutic Play Foundation](#)
- [Amen Clinics](#)
- [The Loveland Foundation](#)

Therapists / Coaches / Counselors

- [Licensed Mental Health Counselor Joy E. Hitztaler](#) | 253-254-8249
- [Therapeutic Oasis of the Palm Beaches](#)
- [Ruairi Stewart - Psychotherapist](#)
- [The Holistic Psychologist - @the.holistic.psychologist](#)
- [Dylan James - Youtube](#)
- [Merja Sumiloff: Self-Leadership](#)
- [Elena Nola: Trauma & Neuroscience informed coach](#)
- [Joy Hitztaler](#)
- [Calm & Colorful - Teen & Kid Mentor](#)
- [Talk Space](#)
- [Tiffany Roe - Therapist](#)
- [Katy Bandy - Therapist](#)
- [Flux Psychology Therapist](#) (Colorado)
- [Psychology Today](#) (find a therapist in your area)
- [Mel Robbins](#)
- [Terri Cole - Psychotherapist](#)
- [Elicia Miller](#)
- [Carolyn Cowan - Psychosexual Therapist](#)
- [Dr. Vanessa Ruspoli](#)
- [Nedra Tawwab](#)
- [Becca Tracey](#)
- [Radiant Marriage & Family Therapy](#)
- [Dr. Gabor Mate](#) - Addiction, stress, & childhood development
- [Cognitive Behavioral Therapy Online](#)
- [Mastin Kipp](#)
- [Dr. Alexandra Solomon](#)
- [@wildwomanmagick](#)

- [Stacey Diverde](#)

Additional Resources

- [Better Help App](#)
- [Regain App](#)
- [Insight Timer Meditation App](#)
- [Headspace Meditation App](#)
- [Brad Yates EFT Tapping](#)
- [Berry App](#)
- [Wim Hof Method](#)
- [Gaia](#)
- [@mellow.doodles](#)
- [Bloom App - Self Therapy](#)
- [I Am App](#)
- I See Me Mantras, by Toni Jones: Album
- [The Tapping Solution App](#)
- [SPOKE App](#)
- [@thecutefeminist](#)
- [Breath To Blossom - Yoga & Mental Health](#)
- [Project REACH](#) | 1-617- 232-1303

Self-harm / Self-injury

- Self-Injury Hotline 1- 800-DONT-CUT
- [Self Injury](#): provides therapist referrals and tips for how to stop self-injury

FINANCIAL DISTRESS RESOURCES

Books

- [How to become Money by Gary Douglas \(workbook\)](#)

- [Unleash Your Inner Money Babe by Kathrin Zenkina](#)
- [Rich Dad Poor Dad by Robert Kiyosaki](#)
- [Money & You: Access to Cash by Dame DC Cordova](#)
- [It's more than just money by Witness Mdaka](#)
- [You are a Badass at Making Money by Jen Sincero](#)
- [Pranic Healing by Choa Kok Sui](#)
- [The Total Money Makeover by Dave Ramsey](#)
- [Think like a Monk by Jay Shetty \(Workbook\)](#)

Articles / Blogs

- [The Budget Mom](#)
- [Her First 100k](#)
- [Help when you need it](#)
- [Art of Money sample content](#)
- [Budgetnista](#)
- [The Toll of Job Loss](#)
- [The Happy Saver](#)
- [My Money Coach](#)
- [Good Therapy](#)
- [Suze Orman](#)

Coaches / Therapists

- [Elbie Coaching](#)
- [Erin Skye Kelly](#)
- [Good Therapy](#)
- Finance Coach [Alejandra Rojas](#)
- [The Money Mentor](#)
- [Contigo Coaching](#)
- [Dawn Patton](#)
- [Marcefonsecacoach](#)
- [Mihael Zmahar](#)
- [Going Rogue Consulting](#)

- [Marisa Peer Hypnotherapy](#)
- [Myia Cleggett](#)
- [Prophetic Listening](#)

Support Groups / Facilities

- [Debtors Anonymous](#)
- [Financial Underearners Anonymous](#)
- [Fun Cheap or Free \(Youtube channel\)](#)

Podcast

- [Dream cast podcast with Denise Walsh](#)

Additional Resources

- US & Canada only: 211 for referrals to health, human, and social service organizations
- [Actors Fund](#)
- If you have an EBT card you can get [ATT internet for \\$10/ month](#)
- All utility companies have a low income rate
- UK only - [Citizens Advice Bureau](#)
- [Ellevest](#) - financial services for women
- [Gaia.com](#)
- [Help When You Need It](#)
- [Balance Pro](#)
- [Catholic Charities](#)
- [Just Shelter](#)
- [Life Coach Scholars Program](#)
- [Maggie's Place](#)
- [Centsable Wealth Management](#)
- [Mills Knows Bills](#)
- [Special Supplemental Nutrition Program \(WIC\)](#)
- [Rental Assistance \(HUD\)](#)
- [California LifeLine \(discounted and low cost home/cell phone service\)](#)

- [Take Charge America](#)
- [The Black Fairy Godmother](#)
- [The Financial Gym](#)

ADDICTION RESOURCES

Alcohol

Books

- [Euphoric Ditch Alcohol and Gain a Happier, More Confident You](#)
- This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness, and Change Your Life - Annie Grace
- Quit Like a Woman: The Radical Choice to Not Drink in a Culture Obsessed with Alcohol - Holly Whitaker
- The Alcohol Experiment: Expanded Edition: A 30-Day, Alcohol-Free Challenge To Interrupt Your Habits and Help You Take Control - Annie Grace
- Living Sober - Alcoholics Anonymous
- [How to Be a Mindful Drinker](#)

Articles / Blogs

- [Think Beyond The Drink](#)
- [The Fix](#)
- [Soberocity](#)
- [Sober Black Girls Club](#)
- [Sober Courage](#)
- [The Sober School](#)
- [Sober Mommies](#)
- [This Naked Mind](#)
- [Sobrietea Party](#)
- [Recovery Speakers](#)

Coaches / Therapists

- [Karolina Rzadkowolska](#)
- [Think Beyond The Drink](#) - Programs for women or non-binary who do not identify as an alcoholic but have found alcohol to be a crutch. 1-on-1 coaching & group coachings.
- [Alyson Premo](#) - Sober Mom Coach
- [The Sober School](#)
- [American Addiction Centers](#)

Support Groups / Facilities

- [Alcoholic Anonymous](#)
- [Retired Party Girl](#) - Retired Party Girl is a membership community dedicated to empowering sober babes and creating connections.
- [Adult Children of Alcoholics & Dysfunctional Families](#)
- [Celebrate Recovery - Faith Based Recovery program through Saddleback Church](#)
- [Women for Sobriety](#)
- [Life Ring Secular Recovery](#) - Online and In Person meetings

Podcast

- Sober As A Mother Podcast
- Sober Speak
- That Sober Guy
- The Bubble Hour
- AfterPartyPod
- Sober Life Coach
- Recovery Radio Network

Additional Resources

- [Sober Curious Courses - Karolina Rzadkowolska](#)
- [30-Day Alcohol-Free Journaling Mini Course](#)
- [Tempest Membership](#) - Tempest is a digital alcohol treatment program you can use anywhere, anytime. Through expert-led lessons and a supportive community, you'll get the tools you need

to build an alcohol-free life you love.

- [Loosid](#) - Sobriety App
- [How to Change Your Drinking](#) - online course

Narcotics

Books

- Party Girl: A Novel - Anna David
- BACK ON TRACKmarks: From Hopeless To Dopeless - Matt Peterson
- Spirit Junkie: A Radical Road to Self-Love and Miracles - Gabrielle Bernstein
- Scar Tissue - Anthony Kiedis
- High Achiever: The Incredible True Story of One Addict's Double Life - Tiffany Jenkins

Articles / Blogs

- [National Harm Reduction Coalition](#)
- [5 Habits For A Positive Day](#)
- [National Institute on Drug Abuse - Nora's Blog](#)
- [National Institute on Drug Abuse - Drugs & Health Blog](#)

Coaches / Therapists

- [Modern Recovery - Recovery Coaching](#) - Based in Lisbon, Portugal
- [Savage Sobriety](#) - Wil Singleton Addictions Counselor

Support Groups / Facilities

- [Narcotics Anonymous](#)
- [Accountable Live Free](#) - Accountable is a peer support, testing, and technology platform to help individuals, providers, and families.
- [National Harm Reduction Coalition](#)
- [Habilitat](#) - Hawaii

Podcast

- [The Addiction Podcast | Point of No Return](#)
- [The Addicted Mind Podcast](#)

Additional Resources

- [Accountable Live Free Instagram](#)
- The Wisdom of Trauma, Documentary Film by Dr. Gabor Mate
- [Journal prompts I did to Overcome a Craving or Addiction](#)

Sex / Pornography

Books

- [Out of the Shadows: Understanding Sexual Addiction](#)
- Facing the Shadow (P. Carnes)
- Out of the Doghouse: A Step-by-Step Relationship-Saving Guide for Men Caught Cheating (R. Weiss)
- Sex Addiction 101: A Basic Guide to Healing from Sex, Porn, and Love Addiction (R. Weiss)
- Your Sexually Addicted Spouse: How Partners Can Cope and Heal (B. Steffens and M. Means)
- Treating Pornography Addiction: The Essential Tools for Recovery (K. Skinner)

Articles / Blogs

- [Understanding and Managing Compulsive Sexual Behaviors](#)
- [What to know about compulsive sexual behavior](#)
- [Is Sex Addiction Real, a Joke, or Just an Excuse?](#)
- [Porn & Sex Addiction Therapy Blog](#)

Coaches / Therapists

- [BetterHelp: Sex Addiction Counseling Benefits](#)
- [Sex Addiction Treatment](#)

Support Groups / Facilities

- [Sex & Love Addicts Anonymous](#)

Podcast

- [PlayerFM - Sex Addiction Podcasts](#)

Additional Resources

- Sex Addicts Anonymous or SAA Hotline (1-800-477-8191)

Food Addiction

Articles / Blogs

- [5 Ways to Beat the Binge](#)
- [Beating Sugar](#)
- [Molly Carmel Blog](#)
- [The Anchor Program](#)
- [Food Addiction Treatment Programs](#)

Coaches / Therapists

- [Food Addiction Treatment](#)

Support Groups / Facilities

- [Overeaters Anonymous](#)

Podcast

- [The Dr. Carolyn Coker Ross Show | Binge Eating Disorder, Emotional & Stress Eating, Food Addiction](#)
- [Switch4Good](#)
- [Conquer Food Show](#)

- [Never Binge Again](#)
- [The No Sugarcoating Podcast](#)
- [Don't Eat Your Feelings with Mindfulbellie](#)

Child/Parent/Spouse/Friend of an Addict

Books

- In The Realm of Hungry Ghosts: Close Encounters With Addiction
- Beautiful Boy: A Father's Journey Through His Son's Addiction - David Sheff
- Terry: My Daughter's Life-and-Death Struggle with Alcoholism - George McGovern

Articles / Blogs

- [7 tips for supporting loved ones who are recovering from addiction](#)
- [7 Things You Should Know About People Who Struggle With Addiction](#)

Support Groups / Facilities

- [Adult Children of Alcoholics](#)
- [Al-Anon](#) - Al-Anon members are people, just like you, who are worried about someone with a drinking problem.

Podcast

- [Love Over Addiction Podcast](#)
- [Let's Talk Addiction & Recovery](#)

General Substance Abuse

Coaches / Therapists / Experts

- [Dr. Gabor Mate](#)
- [Dana Leigh Lyons](#) - helps women and non-binary folks break free of addictions and eating disorders

- [Commune - Recovery with Russell Brand](#)
- [Holistic Recovery Program](#) - Adun Shrecengost Holistic Recovery Specialist
- [IGNTD™](#) - Find Lifelong Freedom From Addiction with IGNTD™, a customized, personalized, virtual recovery program that provides you with the exact steps to transform your world & break free forever!
- [Addiction And Recovery | Roslyn Heights, NY](#)

Support Groups / Facilities / Communities

- Celebrate Recovery Crisis Response (CRCR) - A Christ Centered 12 Step program: [Celebrate Recovery Homepage](#)
- Drugs, Alcohol, Couples Rehab, Family Program, Trauma and Aftercare program, Treatment Center: <https://lighthouse-treatment.com/about-us/>
- [Transitions Bali](#) - Sober Recovery Programme, Bali
- [Smart Recovery](#) - Addiction Recovery Meetings: Alcohol, Narcotics, Prescription Drugs, Gambling, Eating Disorders, etc.
- [Addiction Recovery Meetings - The Church of Jesus Christ of Latter-Day Saints](#) - Recovery support groups sponsored by The Church of Jesus Christ of Latter-day Saints can help anyone struggling with an addiction or compulsive behavior.
- [Spouse & Family Support Program - Church of Jesus Christ of Latter-Day Saints](#)
- [Serenity Lane - Alcohol & Drug Treatment Services](#)
- [Recovery 2.0: Life Beyond Addiction](#) - Online Universal Meetings
- [The Hills: LA Premier Substance Abuse & Alcohol Addiction Treatment Center](#)
- [Rehab: Find Drug Treatment, Patient Reviews & Bed Availability](#) - Canada
- [Rehab for Addiction & Mental Health Treatment in Malibu](#) - Malibu Rehab Center
- [Rehab Spot - Find Information On Alcohol And Drug Rehab And Recovery](#) - California-based Rehab centers

Podcasts

- Commune Podcast hosted by Jeff Krasno
- Tales of Recovery Podcast
- [That Sober Guy Podcast](#)
- [The ODAAT Chat Podcast](#)
- [ALCOHOLISM, ADDICTION & THE 3 PRINCIPLES](#)

Helpline

- SAMHSA's National Helpline (800) 662-4357
- Addiction & Mental Health Helpline (800) 622-HELP

Additional Resources

- [TRAUMA & ADDICTION RECOVERY \(@traumaandaddictionrecovery\)](#) • Instagram photos and videos
- [The Wisdom of Trauma – Gabor Mate Film](#)
- [American Addiction Centers: Resources for Addiction Treatment & Recovery](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [Addiction Resource](#) 1- 888-893-0561
- Aid in Recovery (addiction hotline) 1- 877-387-4346

PARENTING RESOURCES

Miscarriage / Postpartum / SIDS Grief

Books

- [Piece of My Heart: Living Through the Grief of Miscarriage, Stillbirth or Infant Death by Molly Fumia](#)
- [About What Was Lost: Twenty Writers on Miscarriage, Healing, and Hope by Jessica Berger Gross](#)
- [Beyond Childlessness by Rachel Black](#)
- [Coming to Term: Uncovering the Truth About Miscarriage by Jon Cohen](#)

Articles / Blogs

- [You and Your Baby - Mothers Survival Guide — Calm Parent](#)
- [Womens Magazine Blog | True Stories](#)
- [What To Do If You — Or Someone You Love — Is Going Through Pregnancy Loss](#)
- [Sudden Infant Death Syndrome \(SIDS\) Program: Public Health](#)
- [DEALING WITH GRIEF AFTER THE DEATH OF YOUR BABY](#)

- [After Sudden Infant Death: Facing Anniversaries, Holidays, and Special Events](#)
- [Still Standing Magazine - Child Loss & Infertility](#)

Podcast

- [Miscarriage Hope Desk Podcast](#)
- [Life After Miscarriage by Shelly Mettling](#)
- This is Infertility Podcast
- The Mother's Embrace Podcast
- Beyond Postpartum Podcast
- Mother the Mother Podcast

Coaches / Therapists

- Miriam Noronha - Miscarraige Support [@agathanimue](#)
- [Her World Hypnosis](#) - Miscarraige & Fertility
- [Pregnancy and Infant Loss Specialized Coordinators](#)
- [The Postpartum Doctor](#)

Support Groups / Facilities

- [Postpartum Health Alliance](#)
- [The Miscarriage Association](#)
- [Rachel's Gift](#) - Pregnancy & Infant Loss
- [The Love And Loss Project](#)
- [True Self Membership](#)
- [Postpartum Online Support Group Meetings](#)
- [Alta Bates Summit Medical Center](#)

Additional Resources

- [Box For Loss: @boxforloss](#)
- [Early Pregnancy Loss Resources](#)
- [Bereavement Support Resources](#)

New Parent/ Parenting Advice

Books

- [SAY WHAT YOU SEE® Handbook by Sandra R. Blackard](#)
- [Peaceful Parent, Happy Kids by Dr. Laura Markham](#)
- [Peaceful Parent, Happy Kids Workbook: by Dr. Laura Markham](#)
- [Peaceful Parent, Happy Siblings by Dr. Laura Markham](#)
- [The Conscious Parent: Transforming Ourselves, Empowering Our Children by Shefali Tsabary](#)
- [The Positive Birth Book: A New Approach to Pregnancy, Birth and the Early Weeks by Milli Hill](#)
- [Hunt, Gather, Parent: What Ancient Cultures Can Teach Us About the Lost Art of Raising Happy, Helpful Little Humans by Michaeleen Doucleff](#)
- [The Whole-Brain Child Workbook: Practical Exercises, Worksheets and Activities to Nurture Developing Minds \(Practical Exercises, Worksheets and Activities to Nurture\) by Daniel J. Siegel](#)
- [How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber](#)
- [What's Going on in There?: How the Brain and Mind Develop in the First Five Years of Life by Lise Eliot](#)
- [How Parents Can Raise Resilient Children: Preparing Your Child for the Real Tough World of Adulthood by Instilling Them With Principles of Love,... Parenting Books For Becoming Good Parents by Frank Dixon](#)
- [Transforming the Difficult Child: The Nurtured Heart Approach by Howard Glasser](#)

Articles / Blogs

- [Love The Way You Parent - Rosemary Clark](#)
- [Hey Sigmund | Anxiety in Teens | Helping a Child with Anxiety](#)
- [Coaching Kids](#)
- [Blog — Calm Parent](#)
- [Parental Education: Articles & Resources](#)
- [Spiritually Aware Parenting](#)
- [American SPCC Blog Posts](#)
- [CVESD Early Childhood Education Social Emotional and Behavioral Resources](#)
- [CDC Positive Parenting Tips](#)
- [Top parenting resources from psychologists](#)
- [5 Mindfulness Practices for Surviving New Parenthood](#)
- [Social Mama Blog](#)

Coaches / Therapists

- [Aha! Parenting: Peaceful Parenting](#)
- [Cathleen Lackner - Roots&Wings](#)
- [Language of Listening® Parent Coaching | Simple Coaching Skills To Grow Your Child & Yourself](#)
- [Fertility Freedom - Queer Fertility](#)
- [Shifting Sessions - Spiritually Aware Parenting](#)
- [Lena Penteado Coaching Programs](#)
- [Autistic Mama](#)
- [Parenthood Understood | Katie Malinski, LCSW-S | Parent Coaching](#)
- [Mel Peirce coaching](#)

Support Groups / Facilities

- [Parent Education Company](#)
- [Calm Parent](#)
- [Wellness Mama](#)
- [Birthing From Within](#)
- [Indie Birth](#)
- [Raising a Child with Anxiety or OCD](#)

Podcast

- The Parenting Philosophy Podcast
- Raising a Powerful Girl Podcast
- [Dr Maryhan Podcast](#)
- Tell the Others by Heidi Rodgers
- [The Podcast: Showing up Whole](#)
- [Motherly Podcast](#)
- [The Mother Flipping Awesome Podcast](#)
- [Mom & Mind Podcast](#)

Additional Resources

- Private FB Group lead by Rosemary Clark: <https://www.facebook.com/groups/lovethewayyouparent/>
- @launchtheirlanguage - increase your toddler's vocabulary & boost their pre-reading skills
- [Child Mind Institute](#)
- [Sage Family](#) - homeschooling your children
- @drbeckyatgoodinside - Dr. Becky Kennedy | Parenting Psychologist Instagram
- [Learn with Dr. Becky](#) - online courses and workshops
- [Online Parenting and Behavior Course from Big Little Feelings – Big Little Feelings – Happy Parents, Happy Toddlers](#)
- [The Parent Education Company](#)
- [Spiritually Aware Parenting - online courses](#)
- [Instagram: @raisingamumma](#) - lifestyle mentor for moms
- [Quantum Parenting, Neuroscience & Law of Attraction Facebook Group](#)
- [Online Parenting Course for Parents of Toddlers to Teens | Positive Parenting Solutions](#) - Online course

Foster Care / Adoption

Books

- [To the End of June: The Intimate Life of American Foster Care](#)
- [Motherhood So White: A Memoir of Race, Gender, and Parenting in America](#)
- [Three Little Words: A Memoir Paperback](#)
- [Shattered Bonds: The Color Of Child Welfare](#)
- 20 Things Adopted Kids Wish Their Adoptive Parents Knew by Sherrie Eldridge
- Adopting the Hurt Child: Hope for Families with Special-Needs Kids - A Guide for Parents and Professionals
- Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption by Mike Berry
- You Can Adopt without Debt: Creative Ways to Cover the Cost of Adoption by Julie Gumm
- In Their Voices: Blacks Americans on Transracial Adoption
- The Connected Child: Bring Hope and Healing to Your Adoptive Family

Articles / Blogs

- [Impact of Foster Care](#)
- [The Foster Care Crisis: The Shortage Of Foster Parents In America](#)
- [7 Things You Should Never Say To A Foster Parent](#)
- [National Adoption Month 2021](#)
- [Talking To Your Teen About Being Adopted](#)
- [Identity, Grief, and the Lasting Effects of Adoption](#)
- [Impact of Adoption](#)

Coaches / Therapists

- [Adoptive and Foster Care Therapist Network \(AFCTN\)](#)
- [Therapy for Adoption, Therapist for Adoption – Therapy and Counseling for Adoption and Foster Care Issues](#)
- [Treatment Foster Care](#)

Support Groups / Facilities

- [Adoption Trauma | Addressing Abandonment & Attachment](#)
- [Counseling Support for Adoption](#) - Nevada-based

Podcast

- [THE FORGOTTEN PODCAST](#)
- [FOSTER MOVEMENT](#)
- [THE FUND YOUR ADOPTION PODCAST](#)
- [THE HONESTLY ADOPTION PODCAST](#)

Remarriage/Step Parenting

Books

- [The Parallel Parenting Solution: Eliminate Conflict With Your Ex, Create The Life You Want](#)

- [Building Love Together in Blended Families: The 5 Love Languages and Becoming Stepfamily Smart](#)
- [Wisdom On Step-Parenting: How to Succeed Where Others Fail](#)
- [Blending Families](#)

Articles / Blogs

- [Hey Sigmund: Stepfamilies](#)
- [Blended Family and Step-Parenting Tips](#)

Coaches / Therapists

- [Coaching – Naja Hall](#)

Podcast

- [Podcast – Naja Hall](#)

Additional Resources

- [VIP Stepmom – A community for womxn dating, engaged or married to partners with kids by Naja Hall](#) - private VIPStepmom community

Single Parent

Books

- [The Three of Us: A Brutally Honest, Often Hilarious, and Sometimes Heartbreaking Memoir of One Mom's Adventures in Single Parenting \(The Single Mom Series\)](#)

Articles / Blogs

- [Wealthy Single Mommy](#)
- [Single Mother Ahoy](#)
- [Beanstalk](#)

- [DivorcedMoms](#)
- [Single Mother Survival Guide](#)
- [Rich Single Momma](#)
- [Single Black Motherhood](#)
- [Nakisha Wynn](#)

Coaches / Therapists

- [4 Mental Health Challenges Single Mothers Face](#)

Support Groups / Facilities

- [Modern Widows Club: Support Groups for Widows](#)

Podcast

- [The Life of a Single Mom](#)
- [Single Mother Survival Guide](#)
- [Happy Single MOM](#)
- [The Christian Single Moms Podcast](#)
- [Single Mom Strong](#)
- [The Single Mom Podcast | Single Parent Advice, Support & Little Bit of Humor](#)
- [Single and doing it all](#)
- [Really Riley](#)

HEALTH RESOURCES

General Health Resources

Books

- [Woman Code by Alisa Vitti](#)
- [Intuitive Eating by Elyse Resch](#)

- [You Can Heal Your Life by Louise Hay](#)
- [Brain over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good](#)
- [Never Binge Again\(tm\): Reprogram Yourself to Think Like a Permanently Thin Person. Stop Overeating and Binge Eating and Stick to the Food Plan of Your Choice!](#)

Articles / Blogs

- [End to diet culture](#)

Coaches / Therapists / Health Professionals

- [@environmentaltoxinsnerd](#)
- [@medicalmedium](#)
- [Marisa Faye Wellness](#) - holistic wellness
- [Dr. Steph Young](#) - Detox
- [Dr. Melissa Sell](#)
- Universal Healing Tao Instructor - Monica Sakura - monicau22@gmail.com
- [Dr. Allison Williams - Naturopathic Wellness](#)
- [Wellness Origin](#) - Dr. Eva Vig Varga
- [Dr. Joe Dispenza](#)
- [@marcefonseccacoach](#) - wellness health coach
- [Brett Sorel](#) - stress, anxiety, health conditions
- [@wellwithreile](#)
- [Wholesoma](#)
- [Dr. Jessica Peatross, MD](#)
- [Alanna Fincke](#)
- [Kaitlin Borncamp](#) - Nutritional Health Practitioner
- [Eat for Life Collective Wellness Coaching](#)
- [Wellness With Sabrina Now](#)
- Naomi Enos-Burles, DC - network chiropractic and cranial sacral for gentle nervous system support and coherence - Drnaomiburles@gmail.com
- [Elicia Miller](#)
- [Mary@enableyourhealing.com](#) - Holistic Nutritionist

- [Kris Carr](#)
- [Dr. Jolene Brighten](#)
- [Binge Eating Coaching - Coach Linda, Canada](#)

Support Groups / Facilities

- [Virtuwell 24/7 Online Urgent Care](#)
- [National Integrated Health Associates](#)
- [Wellspring Integrative Health](#)
- Indigo Integrative Health Clinic, (202) 298-9131
- [Rooted Eats](#)
- [Apple To Zucchini](#)
- [SURMENO - surgical menopause](#)

Additional Resources

- [Adrian Mishler](#) - Yoga & Wellness
- [Somatic Therapy](#)
- [Isha Foundation](#)
- Olmsted Medical Center- 507-288-3433
- Mayo Clinic- 507-284-5300
- [Migraines](#)
- [Dr. Leo](#)
- [Carolina Jarinova Yoga](#)

Chronic or Terminal Illness / Cancer Diagnosis

Coaches / Therapists

- [Jasmin Corbett - Health Coach](#)
- [Krysta Harcus](#) - Chronic eczema & psoriasis
- [Dr. Hyman](#) - chronic illness, functional medicine
- [Dan Buglio](#) - Pain Free Coach
- [Sarah Townley](#) - Type 2 Diabetes

- [That Healing Feeling - Faith Shenden](#)

Support Groups / Facilities

- [Inerman Angels](#)
- [MicrobeFormulas.com](#) (chronic illness, gut health, parasites, infections)
- [Evolving Together](#)

Additional Resources

- [Nerva App - Chronic IBS Support](#)
- [Willow Star](#) - Stage 4 Cancer inspiration & education
- [Curable App - Chronic Illness](#)

Caregiving

Coaches / Therapists

- [CARE by Christie](#) - Creating A Roadmap for Eldercare for Family Caregivers

Support Groups / Facilities

- [Chronic Oasis](#) - Loss of chronically ill loved one you cared for

GENDER / SEXUALITY RESOURCES

Books

- [The ABC's of LGBT+: \(Gender Identity Book for Teens, Teen & Young Adult LGBT Issues\)](#)

Coaches / Therapists / Public Figures

- [Vanessa Marin - Sex Therapist](#)

- [Jeffery Marsh](#)
- [Ty Deran](#)
- [Matt Bernstein](#)
- [April Monica - Sex Coach](#)
- Female sexuality healing - [Miranda Amora](#)
- [Esther Perel - Sex Ed Resources](#)
- [Alok V. Menon](#)
- [Deni Todorovič](#)
- [Paul Fishman - Self52](#)
- [Ericka Hart](#)
- [Stephanie Jaie](#)
- [Ingunn Tennbakk](#)

Support Groups / Facilities / Additional Resources

- [Canadian Women's Foundation](#) (Gender-based Violence)
- [National LGBT Chamber of Commerce](#)
- [The Trevor Project](#)
- [Genderfck Club](#)
- [LA LGBT Center](#)
- [Gender Bread](#)
- [Chalk Back](#)
- [Unchained At Last](#)
- [Cat Calls of NYC](#)
- [Center For Sexual Wellness](#)
- [Southern MN Transgender Support Network](#)
- [Grand Rapids Pride Center](#)
- [Therapy Den - Inclusive Therapists](#)
- [Sexuality Educating For Adults](#)
- [AASECT](#)
- [Positive Sexuality](#)
- [Woodhull Freedom Foundation](#)
- [Scarleteen](#)
- [Sexuality & Disability](#)

- [Sex Support](#)
- [GLSEN](#)
- [Lambda Legal](#)
- [PleazeMe](#)
- [Institute For Sexual And Gender Health](#)
- [Sexpert Directory](#)
- [Home School Sex Education Resources](#)
- [Gender Fluid & Nonbinary Resources](#)
- [The Tegan and Sara Foundation](#)
- [Intimacy Intuitive](#)
- [Sex Positive Families](#)

Podcast

- [Feminist Survival Podcast - by Emily Nagoski](#)

Additional Resources

- [FORGE](#) (resource for transgender & gender nonconforming violence victims)

DISCRIMINATION / RACISM RESOURCES

Books

- [White Fragility : Why It's So Hard for White People to Talk About Racism by Robin DiAngelo](#)
- [One Love: \(Multicultural Children's Book, Mixed Race Childrens Book, Bob Marley Book for Kids, Music Books for Kids\)](#)
- [Do Better: Spiritual Activism for Fighting and Healing from White Supremacy](#)

Coaches / Therapists / Public Figures

- [Ericka Hart](#)
- [Rachel Cargle](#)

- [Layla Saad](#)
- [Lil Native Boy](#)
- [Kehinde Andrews](#)
- [Ibram X. Kendi](#)
- [Clint Smith](#)

Support Groups / Facilities / Additional Resources

- Intercultural Mutual Assistance Association - 507-289-5960
- IMMIGRANT LAW CENTER - 1-800-223-1368
- [Humanize My Hoodie](#)
- [Heart of Dinner - Food delivery for elderly Asian in NYC](#)
- [The Guardian](#)
- [Everybody Vs. Racism](#)

JAIL / IMPRISONMENT RESOURCES

Support Groups / Facilities / Communities

- [Prison Program](#)
- [Prison Scholar Fund](#)
- [Prison Fellowship International](#)
- Attorney General office - 1-800-657-3787
- [Bridging The Gap](#)
- [Polaris Project](#)
- [Last Prisoner Project](#)

COVID / PANDEMIC RELIEF RESOURCES

Coaches / Therapists

- [Inclusive Therapists](#)

Support Groups / Facilities

- [Blooming Magnolia: Long COVID Support & Mental Health Advocacy Nonprofit](#)
- [Ottawa Public Health - mental health, substance abuse & COVID-19](#)
- [Covid-19 Economic Relief](#)
- [Stay DC](#)
- [Lane County](#)
- [Candid Learning](#)
- [Mayo Clinic](#)
- [Covid-19 Emergency Rental Assistance Program](#)
- [Modest Needs](#)
- [Covid Grief Network](#)

GENERAL HELPLINE RESOURCES

- [British Columbia Help Lines](#) (VictimLink, Gambling, Mental Health Addictions Support, Support for Seniors and more)
- [UK Samaritan HelpLine](#)

SPIRITUAL & PERSONAL DEVELOPMENT TEACHERS / COACHES / PUBLIC FIGURES

- [Cristina Boyle](#)
- Rei Santos, Spiritual Coach & Reiki Master Teacher - [@yourspiritualbestfriend](#)
- [Myia Cleggett - Rapid Transformational Therapist](#)
- [@thealyshasmith](#)
- Sidney Davis - wholesomehealing@gmail.com, 435-962-0080 (call or text) - Certified Life coach, Reiki Master, Footzone therapist, Energy worker.
- Rena Marvin, M.S., CRC, CVE, CHC Progressive Rehabilitation Services, Inc. Vocational Services Rehabilitation Counseling & Vocational Expert Evaluations | RMARVIN.PRS@GMAIL.COM, TELEPHONE: 772-320-7678
- [Dr. Nicole Lepera](#)
- [Whitney Gordon](#)
- [@Vickylincolncoaching](#)

- [Within The Waves](#)
- [Sensitivity Revolution](#) - Reiki Practitioner
- [Michelle Hill - Intuitive Healer](#)
- [Jaime - @unstuckologist](#)
- [Teal Swan](#)
- [Rewire](#)
- [Holistic Hypno Health](#)
- [Lindsay Carricate](#)
- [Nikki Velasco](#)
- [Lorna Stell Intuitive](#)
- [Vision Voyages](#)
- [Jay Émme - Life Coach](#)
- [@thetriggerfairy](#)
- [Kathleen Woodington](#)
- [Zakkiyya - Mindset & Emotional Healing](#)
- [@conalmacroaching](#)
- [@clareflaxen](#)
- [@iamshervana](#)
- [christina@sentientrose.com](#) - Energetic healing / hypnotherapy
- [Jackie Marino](#)
- [Lorie Ladd](#)
- [Phil Good Life](#)