

Mental Health Resources- Online and by Phone

National Institute of Mental Health: www.nimh.nih.gov

National Alliance for the Mentally Ill: www.nami.org

Coastal Wellness Collective- includes southern RI resources:

<http://coastalwellnesscollective.com/Links-and-Resources>

Crisis:

988- National emergency (phone) line for Mental Health Crisis

NAMI "Warm Line" Crisis Line: 1-800-273-TALK (8255)

Text Hotline: 741741

RI: Newport County Crisis Line: Newport Mental Health: 401-846-1213

Suicide- Online Resources

Suicide Prevention Resources Center: www.sprc.org

Stop a Suicide: www.stopasuicide.org

Veterans Crisis Line. Call **1-800-273-8255 and Press 1**, chat online, or text **838255** to receive confidential crisis support 24/7.

Anxiety

Anxiety Disorders Association of America www.adaa.org

DARE: Panic & Anxiety Relief App: An evidence-based app to help people overcome anxiety, worry, insomnia, & panic attacks. (find it in your Apple app, or Google Play store).

Depression

Depression Bipolar Support Alliance: <https://www.dbsalliance.org/>

Postpartum Support International (PSI): www.postpartum.net

A Brighter Day- resources for parents and youth who experience depression, including a "Downloadable" Teen Survival Kit, and Parent Resource Kit:
<https://abrighterday.info/>

Sanvello app: This app provides you with tools to track your moods, healthy activities, & identify patterns; to develop healthy habits and coping skills. (find it in your Apple app, or Google Play store).

Specific Concerns

For Eating Disorders:

<https://www.mentallyfitpro.com/c/share-a-resource/the-big-list-of-eating-disorder-resources>

For ending relationships:

<https://www.glamour.com/story/the-right-way-to-break-up-with>

<https://www.psychologytoday.com/us/blog/i-hear-you/201805/fourteen-ways-break-better>

For clients interested in getting a therapy dog:

<https://www.medicalservicedogs.org>

Personal accountability, for adults:

<https://www.udemy.com/course/personal-accountability/?couponCode=LAUNCHFREE>

relationships- For Parents/ Families/ Singles/ Couples:

Take this quiz alone, or with your loved ones- to find out your love language and compare results with your loved ones:

<https://5lovelanguages.com/quizzes/love-language>

Addiction:

Alcoholics Anonymous: www.aa.org

Ocean State Recovery- drug & alcohol outpatient therapy- individual and group therapy and education groups for people who have addictions oceanstaterecovery.org/

Smart Recovery Groups (NOT Faith Based) (just google smart recovery near me & a list will pop up)

Faith Based Self Help Groups- (called "Celebration" groups- just google this; a list will pop up)

Narcotics Anonymous: www.na.org

Al-Anon/Alateen - for family members/ friends of people w/ addictions www.al-anon.org

Gamblers Anonymous: www.gamblersanonymous.org

SAMHSA National Mental Health Information Center-Substance Abuse and Mental Health Services Administration: www.samhsa.gov

Overeaters Anonymous oa.org

Apps for Addictions: (in your App or Google Play Store)

SoberYou Track your Sober days, healthy habits, and it provides ongoing motivation and network with other sober individuals

SoberTo Rewards you for your sobriety, daily motivational messages & reminders, type in how you feel & receive suggestions to walk through your feelings

Bipolar Disorder

Bipolar Disorder

<https://www.mayoclinic.org/search/search-results?q=bipolar>

Children (and Teens): www.bpchildren.com

App: emoods- track your moods and triggers to identify patterns & prevent relapses (in your App or Google Play Store)

Caregivers- Resources and Preventing Burnout

<https://www.caring.com/caregivers/burnout/>

<https://www.caring.com/caregivers/>

Cancer

Talking to Children about Cancer, and Mesothelioma (a type of cancer):

<https://www.mesotheliomahope.com/resources/children/>

legal resources for those with mesothelioma & their families:

<https://www.mesotheliomalawyercenter.org/>

American Cancer Society

<https://www.cancer.org/about-us/local/rhode-island.html> Rhode Island

[cancer.org](https://www.cancer.org) National website, general info & resources

Children's Issues:

Autism Spectrum

National Autism Association

<https://nationalautismassociation.org/>

www.autismspeaks.org/

<https://theautismproject.org/> The Autism Project- Johnston, RI

<https://www.lifespan.org/centers-services/center-autism-and-developmental-disabilities-cadd> Medical Resources and Programs in RI

<https://www.autismcarepartners.com/services/> Rhode Island Diagnosis, Therapies, Social Services

<https://grodennetwork.org/> Programs & Services for Children, Adults, Families

ADHD

Adults with Attention Deficit Disorder (CHADD): www.chadd.org

Other Children's Issues

Bipolar Children (and Teens): www.bpchildren.com

Prevent Child Abuse America: www.preventchildabuse.org

STAR Institute: For parents of children with Sensory Processing Disorders and Neuro-different children:

<https://sensoryhealth.org/basic/contact-us>

Children & Teens- Self Esteem

Information for Parents, Caregivers

<https://kidshealth.org/en/parents/self-esteem.html>

<https://raisingchildren.net.au/toddlers/behaviour/understanding>

<https://kidshealth.org/en/kids/self-esteem.html> Articles written for Kids

High School and College Students:

Time Management, Procrastination:

<https://www.purdueglobal.edu/blog/student-life/time-management-busy-college-students/>

Resources with a focus on mental health:

<https://www.intelligent.com/online-college-guide-for-students-with-mental-health-disorders/>

<https://jedfoundation.org/set-to-go/> for transitioning from high school to college

<https://jedfoundation.org/> also has resources for High Schools and Colleges to support their students

Scholarships for Students with Disabilities:

<https://www.bestcolleges.com/resources/guide-families-parents-student-disabilities/>

Health Insurance

Medicare- affordable plans, other information about Medicare & resources:
medicare.com

Medical Testing- What you should know, Types of tests, Home testing:

<https://www.testing.com/> Educate yourself about your medical testing- Be informed as a patient! This site is monitored by a medical review board for accuracy.

Misophonia

Resources and Tools for those who have Misophonia, including sources for advocacy, online support groups, an extensive bibliography, preprinted cards and letters for schools to explain your diagnosis to others

<https://www.soquiet.org/>

Parenting

Center for Parent Information and Resources: www.parentcenterhub.org

<https://psnri.org/> Parent Support Network

<https://ripin.org/> RI Parent Information Netowrk

Domestic Violence / Intimate Partner Violence (IPV)

National Domestic Violence Hotline 800-799-7233- English, Spanish +200 languages through an interpreter

Domestic Violence and IPV, General Information: (So Many Resources!)

<https://www.google.com/search?q=resources+for+domestic+violence+near+me&og=resources+for+dome&aqs=chrome.1.0i512j0i457i512j69i57j0i512l7.4850j1j15&sourceid=chrome&ie=UTF-8>

Women's Center of RI (in Providence) <https://www.womenscenterri.org/>

Women's Resource Center (in Newport County) <https://www.wrcnbc.org/>

RI Coalition Against Domestic Violence- shelter and housing:

<http://www.ricadv.org/en/shelter-housing>

Facebook group promoting support, and resources for survivors of DV (Domestic Violence) and IPV (Intimate Partner Violence)- Based out of Chicago-

<https://www.facebook.com/myfearlessfuture/>

Sexual Assault Survivors: rainn.org

Hotline for Sexual Assault Survivors: 1-800-656-HOPE (4673)

Free Online Counselors at RAINN: <https://hotline.rainn.org/online>

Maritime Industry- your rights & resources if you were injured on the job

<https://www.maritimeinjurycenter.com/>

Trauma

<https://www.google.com/search?q=trauma+resources+near+me&og=Trauma+resource+s+&aqs=chrome.8.69i57j0i512l7j0i457i512j0i512.11304j0j15&sourceid=chrome&ie=UTF-8>

www.ptsd.va.gov Originally developed for Veterans, but this site also has a lot of helpful information and resources for civilian survivors

Childhood Trauma

For Children and Families who have Experienced Trauma:

St. Mary's Home for Children <https://www.smhfc.org/>

Human Trafficking Hotline- <https://humantraffickinghotline.org/>

1-888-373-7888 (TTY: 711)

<https://www.fbi.gov/investigate/violent-crime/human-trafficking>

For Crime Survivors:

helpline-ri: Home

<https://www.helplineri.com>

Victim Services | Rhode Island Attorney General's Office - RI.gov

<https://riag.ri.gov> › about-our-office › criminal-division

Help for Victims in Criminal Cases

<https://ricadv.org> › help-for-victims-in-criminal-cases

Rhode Island | State Support - Office for Victims of Crime

<https://ovc.ojp.gov> › states › rhode-island

Access state-specific information, including awards, events, and state VOCA formula funding program contacts. State VOCA-Funded **Victim** Assistance and ...

[Victim of Crime Advocacy – TriCounty](https://www.tricountyri.org)

<https://www.tricountyri.org> › services › victim-of-crime...

[The National Center for Victims of Crime – The National ...](https://victimsofcrime.org)

<https://victimsofcrime.org>

[helpline-ri: Home](https://www.helplineri.com)

<https://www.helplineri.com>

Free – Confidential – 24/7 **support** and **advocacy** for those impacted by crimes of violence. Who runs the Helpline? The **Rhode Island Victims of Crime** Helpline

[Victim Services | Rhode Island Attorney General's Office - RI.gov](https://riag.ri.gov)

<https://riag.ri.gov> › about-our-office › criminal-division

[Rhode Island | State Support - Office for Victims of Crime](https://ovc.ojp.gov)

<https://ovc.ojp.gov> › states › rhode-island

[Victim of Crime Advocacy – TriCounty](https://www.tricountyri.org)

<https://www.tricountyri.org> › services › victim-of-crime... [Rhode Island:](#)

The Tri-County **Victim of Crime Advocacy** Program, or VOCA, assists elders in the South County, Providence and East Bay Counties who have been the victim of a crime

Noonlight- GREAT FREE SAFETY APP! <https://www.noonlight.com>

Seniors

For Seniors- to combat loneliness, foster social connections:

<https://seniorplanet.org/>

Nursing Home Abuse- Prevention, and What to do if it Occurs:

<https://www.nursinghomeabuse.org/>

Veterans

www.ptsd.va.gov

<https://vets.ri.gov/> Services & Resources for RI Veterans

<https://nrd.gov/> National Resource Directory

<https://www.va.gov/directory> VA Directory

<https://www.veteranaid.org/> Aid & Attendance Benefits for Senior Veterans

<https://hiddenheroes.org/> Support for Caregivers of Veterans

<https://healvets.org/> FREE Craft Kits for Veterans- Woodworking, Painting, Modeling, Crafts

<https://www.veteransinc.org/services/> National website- Health & Wellness, Housing, Employment & Training. Case Management- by State

Vision

How our eyesight affects our mental health:

<https://myvision.org/guides/mental-health>

Other

Helpful Apps- (in your App or Google Play Store)

Noonlight- IF YOU TRAVEL, HIKE OR WALK ALONE, YOU NEED THIS SAFETY APP! IT'S FREE. <https://www.noonlight.com>

Habitica- Empower yourself with this gaming Taskmaster! This app turns your daily “to do” list into quests as in-game rewards and limits empower you to achieve your daily goals through a fun quest.

Mindmeister- Generate, organize and prioritize all of your thoughts into one easy-to-see mind map. For those who prefer visualizing their plans, creative ideas and decision making processes.