

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 South County RI resources & Therapist Directory: <http://coastalwellnesscollective.com/Links-and-Resources>

National Directory for Supportive Organizations & Services findhelp.org

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.

Wellness Center- no health insurance needed- Medical & Mental Health Services, including Grief Support Groups- **The River Wellness Clinic-** <https://www.trhw.org/> *Full Disclosure- the Wellness Center is sponsored by a Christian Non-Denominational Church, (His Providence Church, Swansea, MA)*

Anxiety and Depression:

Anxiety Disorders Association of America www.adaa.org

Anxiety

OCD- help for those with Obsessive Compulsive Disorder
ocdfoundation.org

for those with Social Anxiety: socialanxietyinstitute.org

Resources, books, blog- <https://www.newharbinger.com/>

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).

Anxiety- Children:

Raising Resilience: 25 Tips for Parenting Your child with Anxiety and OCD: you can find these tips through these sources-

<https://iocdf.org/expert-opinions/raising-resilience/>

<https://www.facebook.com/drjoshspitalnick/posts/raising-resilience->

Dr. Spitalnick also has a YouTube video on this subject

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 clients interested in getting a therapy dog:

<https://www.medicalservicedogs.org>

To Get Your Own cat or dog certified as an emotional support animal: Just ask your therapist to write you a letter! (*Don't pay and get scammed!*) Or you can contact Elizabeth Walshe at RI Home Based Counseling 401-499-4331 www.rihomebasedcounseling.com

For Eating Disorders:

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

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>

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>

Personal accountability, for adults:

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

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

Nationwide Resources for people struggling with alcohol use: [https://](https://www.alcoholrehabguide.org/)

www.alcoholrehabguide.org/

How Addictions & PTSD are related- this agency is in FL, but they list a lot of helpful facts and educational information: <https://www.therecoveryvillage.com/mental-health/ptsd>

Apps that are helpful 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

<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

Autism Spectrum

National Autism Association

<https://nationalautismassociation.org/> www.autismspeaks.org/

<https://theautismproject.org/> TheAutismProject-Johnston,RI [https://www.lifespan.org/centers-services/center-autism-and-developmental-](https://www.lifespan.org/centers-services/center-autism-and-developmental-disabilities-cadd)

[disabilities-cadd](https://www.lifespan.org/centers-services/center-autism-and-developmental-disabilities-cadd) MedicalResourcesandProgramsinRI <https://www.autismcarepartners.com/services/> Rhode Island Diagnosis, Therapies,

Social Services

<https://grodennetwork.org/>

Programs&ServicesforChildren,Adults,Families

ADHD

Children & Adults with Attention Deficit Disorder (CHADD):

www.chadd.org

I feel like we can all benefit from some of these ADHD-oriented life hacks!: <https://www.donefirst.com/blog/organizational-hacks> <https://add.org/adhd-motivation> <https://www.healthline.com/health/my-adhd-focus-hacks#> <https://www.additudemag.com/slideshows/organization-hacks-top-adhd-experts/>

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>

<https://www.edc.org/5-tips-promote-kids-mental-health-and-wellness>

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 for Teens and Young Adults 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/>

Other Resources: Grief and Loss-

grief.com We don't get over or recover from grief, we learn how to accept our loss, take meaning from it and move forward. Find free resources here.

<https://jewishboard.org/resources/responding-to-change-and-loss/>

Many more resources for adults, families, parents, college students who are facing grief and loss

free app- [Heal Grief](https://healgrief.org/amf-app/)- very helpful app with resources, support groups for those in various life stages who are healing from grief related to various types of losses <https://healgrief.org/amf-app/>

YouTube video: What No One Tells You About Grief Healing by David Kessler (If you google this, the link will pop up, I had trouble copying the link)

YouTube video: Dealing with Complicated Grief by David Kessler (If you google this, the link will pop up, I had trouble copying the link)

Ted Talk- How to Find Meaning after Loss, The 6th Stage of Grief (on a podcast):

https://www.ted.com/talks/david_kessler_how_to_find_meaning_after_loss/

Health Insurance

Medicare- affordable plans, other information about Medicare & resources:

[medicare.com](https://www.medicare.com)

Insomnia

- Nothing Much Happens- a very effective story podcast to help you fall asleep- also by the same podcaster as First This. She was a yoga instructor before covid hit. I fall asleep within 5 mins when I listen to it!

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/>

Mindfulness

the benefits of mindfulness for anxiety, depression, anger, emotional regulation, trauma are endless! there are too many resources to list- I googled mindfulness resources:

<https://www.google.com/search?q=mindfulness+resources&oq=mindfulness+resources&aqs=chrome..69i57j0i512l6j0i20i263i512j0i512l2.6705j1j15&sourceid=chrome&ie=UTF-8#ip=1>

- FREE mindfulness app! They will never charge you, there is no “free trial” the app is offered by the UCLA Mindfulness Research Center:

<https://www.uclahealth.org/programs/marc/free-programming-resources/ucla-mindful-app> wonderful guided meditations ranging from 2-14 mins., education about mindfulness and other options

- Buddify app- \$4.99. Meditations categorized by life issues, meditations for children, and others for adults; from a few mins to about 13 mins. on Apple and Google Play <https://buddhify.com/>
- First This- wonderful, positive meditation podcast - I love her voice! if you google it you will find many platforms for her podcast- on Apple, Spotify, and others.
- Nothing Much Happens- a very effective story podcast to help you fall asleep- also by the same podcaster as First This. She was a yoga instructor before covid hit. I fall asleep within 5 mins when I listen to it!

**Awilda Lopez- Mindfulness Instructor, Reiki Master, Sound Healer
978-208-9824**

Parenting

Center for Parent Information and Resources:

www.parentcenterhub.org <https://psnri.org/> Parent Support Network
<https://ripin.org/> RI Parent Information Network

<https://www.bristolwarrenthriveby5.org/> Resources, Activities & Parenting Support for Families with Children ages 5 & under

Awilda Lopez, Educational Consultant 978-208-9824
(Massachusetts)

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&oq=resources+for+domestic+violence+near+me&aqs=chrome.1.0i512j0i457i512j69i57j0i512l7.4850j1j15&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=resources+for+domestic+violence+near+me&oq=resources+for+domestic+violence+near+me&aqs=chrome..69l69j0i512j0i457i512j69i57j0i512l7.4850j1j15&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?](https://www.google.com/search?q=trauma+resources+near+me&oq=Trauma+resources+&aqs=chrome.8.69i57j0i512l7j0i457i512j0i512.11304j0j15&sourceid=chrome&ie=UTF-8)

[q=trauma+resources+near+me&oq=Trauma+resources+&aqs=chrome.8.69i57j0i](https://www.google.com/search?q=trauma+resources+near+me&oq=Trauma+resources+&aqs=chrome.8.69i57j0i512l7j0i457i512j0i512.11304j0j15&sourceid=chrome&ie=UTF-8)

[512l7j0i457i512j0i512.11304j0j15&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=trauma+resources+near+me&oq=Trauma+resources+&aqs=chrome.8.69i57j0i512l7j0i457i512j0i512.11304j0j15&sourceid=chrome&ie=UTF-8)

Complex PTSD: <https://www.therecoveryvillage.com/mental-health/ptsd>

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 – Rhode Island: TriCounty](#)

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

[The National Center for Victims of Crime](#)

<https://victimsofcrime.org>

[helpline-ri: Home](#)

<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> › about-our-office › criminal-division

[Rhode Island | State Support - Office for Victims of Crime](#)

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

[Victim of Crime Advocacy – TriCounty](#)

<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

<https://rielderinfo.com/> Deb Burton, 401-585-0509- Resources of seniors, caregivers, professionals who work with seniors & caregivers

To combat loneliness, foster social connections:

<https://seniorplanet.org/>

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

[https:// www.nursinghomeabuse.org/](https://www.nursinghomeabuse.org/)

Senior Care Concepts, Inc. Case management for Seniors. Cristina and Jenny are both RNs. www.seniorcareconceptsinc.com
401-398-7655

Senior Transition: Organizing, Packing Up & Moving, Downsizing
401-828-5020

www.seniortransitionllc.com

Robin Smith Consulting- Insurance Advice & Advocacy for Seniors-
Claims, Advocacy & Appeals www.robingsmith.com

Attorneys specializing in elder laws: (I've worked with all of them-
they're all excellent) Jeremiah Lynch III- specializing in estate
planning, Middletown RI jlynch@mvlaw.com 401-846-0120

Gayle Tarzwell 401-783-0819 Wakefield gftarzwell@gmail.com

Laura Krohn, Elder Law Attorney, South Kingstown 401-398-8383

laura@laurakrohn.com

She wrote a book, Senior Resource Guide of RI

www.seniorguideri.com

Terminal Illness

Comfort Doula- 401-935-0533 Kimberly Santos provides holistic non-
medical support for all stages from the newly diagnosed to the
actively dying. www.comfordoula.com

RI State Directory for Hospice Care: [https://health.ri.gov/lifestages/
death/about/hospicecare/](https://health.ri.gov/lifestages/death/about/hospicecare/)

National Hospice Locator- Find a Hospice Near You

<http://www.nationalhospicelocator.com/hospices/rhode-island>

Veterans

www.ptsd.va.gov

<https://vets.ri.gov/> Services&ResourcesforRIVeterans

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

<https://www.va.gov/directory> VADirectory

<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.**