

## **Resources- Online and by Phone- Updated 8.22.23 National & State & Local**

### **Crisis:**

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

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

**Text Hotline: 741741**

### **Suicide- Online Resources**

Suicide Prevention Resources Center: [www.sprc.org](http://www.sprc.org) Stop a Suicide: [www.stopasuicide.org](http://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.

Providence Center- Crisis/ Warm Line 401-529-7900 *also crisis intervention & stabilization services*

**Wellness Center (faith based)** 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)*

**National Institute of Mental Health:** [www.nimh.nih.gov](http://www.nimh.nih.gov) National Alliance for the Mentally Ill: [www.nami.org](http://www.nami.org)

**National Directory for Supportive Organizations & Services**  
[findhelp.org](http://findhelp.org) Mental Health America: [www.nmha.org](http://www.nmha.org)

**Coastal Wellness Collective-** includes South County RI resources & Therapist / Prescriber Directory: <http://coastalwellnesscollective.com/Links-and-Resources>

**Mental Health Association of RI** <https://mhari.org> This RI organization has a wealth of resources, services & support for a wide range of areas!

**Assistance of Various Types- for RI residents:** [findhelpri.org](http://findhelpri.org) & **The Point, RI** 401-462-4444

**Office of Healthy Aging-** <https://oha.ri.gov/who-we-are>

Advocacy for RI Residents 55+/ or have Disabilities

Newport Mental Health- RI <https://www.newportmentalhealth.org/>

Crisis/ Warm Line: 401-846-1213

Crisis intervention, community support & stabilization services- Their offices are located in Middletown. Crisis management & support. Services for dual-diagnosis patients & people experiencing addictions- including Crisis stabilization, community support services, employment support, life skills & residential services. Severe & Persistent Mental Illness- medication & case management , & therapy services. They have Mental Health screening tools on their website.

Gateway Behavioral Health- RI

<https://www.lifespan.org/locations/gateway-healthcare>

Mental Health & Addictions services- including therapy, medication & case management for all ages. Family therapy, in-home behavioral health services, residential services and more. They partner w/ Lifespan.

<https://www.rifamilyguide.com/> All Types of Resources for RI Families!

ProvidenceCenter,RI [providencecenter.org](http://providencecenter.org) 401-276-4020

Mental health, wellness, addictions services & family treatment, case management, medication management & therapy for all ages. Also educational services.

## **Suicide Prevention**

Suicide Prevention Resources Center: [www.sprc.org](http://www.sprc.org)

National Suicide Prevention Lifeline:

[www.suicidepreventionlifeline.com](http://www.suicidepreventionlifeline.com) Stop a Suicide:

[www.stopasuicide.org](http://www.stopasuicide.org)

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## **Addictions:**

Alcoholics Anonymous: [www.aa.org](http://www.aa.org)

Nationwide Resources for people struggling with alcohol use:

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

SAMHSA National Substance Abuse and Mental Health Services Administration [www.samhsa.gov](http://www.samhsa.gov)

NarcoticsAnonymous [www.na.org](http://www.na.org)

Al-Anon/Alateen - for family members/ friends of people w/ addictions

[www.al-anon.org](http://www.al-anon.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)

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>

Alcohol Addiction & Bulimia- how they overlap, traits & treatments:

<https://withinhealth.com/learn/articles/bulimia-and-alcohol-addiction>

RI & MA Detox & Rehabilitation Support:

SSTAR, Fall River, MA- <https://www.sstar.org/> (508) 679-5222

detox, rehab, intensive outpatient services, outpatient services- all in one

**Adcare-** <https://adcare.com> Kingstown, RI - Detox, Rehab- Residential & Outpatient

Warwick, RI- Outpatient services only

CODAC- Newport, RI <https://codacinc.org> 401-846-4150

- Medication Assisted Treatment (MAT) for opioid use disorder, utilizing all three FDA approved medications
- Expedited access to care, with initiation of the assessment/ treatment process within 24 hours of first contact
- Psychiatric services, offering both on-site psychological and mental health evaluation and treatment, as well as assessment for outside referral

- Counseling and education for partners and family members affected by the substance use of someone they love
- Pain management programs and alternative approaches to treating pain
- Overdose prevention education and access to Naloxone
- Peer recovery support programs, including Peer Support Specialist training opportunities for individuals already in recovery
- Tobacco cessation treatment and training services provided by ATTUD-certified, master level Tobacco Treatment Specialists
- Programs for gambling disorder
- Rapid Hepatitis C testing, with, on-site treatment available
- Off-site services in nursing homes and in residential care facilities
- Special services for pregnant women and new mothers

- Counseling for DUI and other criminal justice referrals, including: Probation and Parole; Drug Court, Juvenile and Family Court referrals
- Evaluations and treatment required for Department of Children, Youth, and Families (DCYF-involved families)
- Treatment/reentry services, and recovery support for Department of Corrections referrals
- Assessment, medication assisted treatment—utilizing all three FDA approved medications for the treatment of opioid addiction—and detoxification services for incarcerated individuals at the ACI
- Access to enhanced care utilizing wellness-based or promising models: acupuncture, therapeutic journaling, yoga
- Newport Mental Health- RI <https://www.newportmentalhealth.org/> see top of this list for more information
- Gateway Behavioral Health <https://www.lifespan.org/locations/gateway-healthcare> see top of this list for more information

- Providence Center-  
<https://anchorrecovery.providencecenter.org/>

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

Gamblers Anonymous [www.gamblersanonymous.org](http://www.gamblersanonymous.org) Overeaters Anonymous [oa.org](http://oa.org)

## **ADHD**

Children & Adults with Attention Deficit Disorder (CHADD):  
[www.chadd.org](http://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.healthline.com/health/my-adhd-focus-hacks#adhd-motivation)

<https://www.additudemag.com/slideshows/organization-hacks-top-adhd-experts/>

## **Anxiety**

Anxiety Disorders Association of America [www.adaa.org](http://www.adaa.org)

OCD- help for those with Obsessive Compulsive Disorder:

[ocdfoundation.org](http://ocdfoundation.org)

SocialAnxiety [socialanxietyinstitute.org](http://socialanxietyinstitute.org)

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

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

## **Anxiety- Children:**

Raising Resilience: 25 Tips for Parenting Your child with Anxiety and/or 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

## **Autism Spectrum**

National Autism Association <https://nationalautismassociation.org/>  
[www.autismspeaks.org/](http://www.autismspeaks.org/)



Autism Society of America: [www.autism-society.org](http://www.autism-society.org)

Regional Services- Eastern US: <https://www.autismcarepartners.com/>

Therapy, Resources, Parent Support TheAutismProject-  
Johnston,RI <https://theautismproject.org/>

Social Services, Parent Support & Education - Rhode Island  
<https://grodennetwork.org/> Educational & other Programs, Support  
& Services for Children, Adults, Families

## **Bipolar Disorder**

for parents who have children w/ bipolar disorder: [https://  
www.mayoclinic.org/search/search-results?q=bipolar](https://www.mayoclinic.org/search/search-results?q=bipolar)  
[www.bpchildren.com](http://www.bpchildren.com)

App: [emoods](#)- track your moods & triggers to identify patterns &  
prevent relapses (in your App or Google Play Store) [https://  
emoodtracker.com/](https://emoodtracker.com/)

## **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/>

RI American Cancer Society [https://www.cancer.org/about-us/local/  
rhode-island.html](https://www.cancer.org/about-us/local/rhode-island.html)

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

## **Caregivers (for all illnesses/ disabilities)- Resources & Preventing Burnout**

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

## **Other Children's Issues**

Prevent Child Abuse America: [www.preventchildabuse.org](http://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**

### **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

### **Center for Parent Information and Resources**

[www.parentcenterhub.org](http://www.parentcenterhub.org)

## **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

<https://kidshelpline.com.au/teens> EXCELLENT website for middle/ high schoolers/ young adults! for access to mental health education/ resources/ support on a variety of topics

High School & College Students: Scholarships for Students with Disabilities:

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

**Couples:** [theadventurechallenge.com](http://theadventurechallenge.com) Website with Activities, & online photo/ written journal for couples

**Debt-** Get out of Debt! Free, NO Credit Check Required to Consolidate Your Debt [pdsdebt.com](http://pdsdebt.com)

**Depression** (for Bipolar Disorder, see above category) Depression Bipolar Support Alliance: <https://www.dbsalliance.org/>

Postpartum Support International (PSI): [www.postpartum.net](http://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 & track healthy habits

ad coping skills, and get peer support. (find it in your Apple app, or Google Play store). [sanvello.com](http://sanvello.com)

## **Eating Disorders:**

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

be Collaborative- Providence, RI <https://www.becollaborativecare.com/>  
Center for Eating Disorders & Body Dysmorphia/ Body Image issue

Alcohol Addiction & Bulimia- also above, under addictions- for how they overlap & are related

<https://withinhealth.com/learn/articles/bulimia-and-alcohol-addiction>

## **Grief and Loss-**

[grief.com](http://grief.com) We don't get over or completely recover from grief. Instead we can 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](http://Heal Grief)- 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)

Mindfulness In Grief website:

[mindfulnessingrief.org](http://mindfulnessingrief.org)

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/](https://www.ted.com/talks/david_kessler_how_to_find_meaning_after_loss/)

## **HOUSING- grants, resources for rent/ buying a home/ utilities:**

### **NEWPORT COUNTY COVID-19 HOUSING ASSISTANCE**

**GRANTS.** Working in partnership with Newport Partnership for Families and Conexión Latina with funding from Rhode Island Housing and the Rhode Island Foundation:

Church Community Housing Corporation is offering one-time financial assistance for individuals facing a short-term housing crisis. Grants up to \$2,000 are available. If your application is approved, funds from this grant program will go directly to third parties such as your landlord or utility providers. Go to [https:// www.cchcnewport.org/covid19](https://www.cchcnewport.org/covid19) or contact Aubrey Collins at Church Community Housing Corporation have any questions (401 846 5114 x111, or email: [ACollins@cchcnewport.org](mailto:ACollins@cchcnewport.org).)

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Many other Housing Related Resources!

[https://www.google.com/search?q=housing+%26+utility+grants+ri&oq=&aqs=chrome.2.35i39i362l8.81031419j0j15&source\\_id=chrome&ie=UTF-8](https://www.google.com/search?q=housing+%26+utility+grants+ri&oq=&aqs=chrome.2.35i39i362l8.81031419j0j15&source_id=chrome&ie=UTF-8)

## 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. Now, I fall asleep within 5 mins when I listen to it!

<https://www.nothingmuchhappens.com/stories>

**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, free positive meditation podcast - I love her voice! if you google it you will find many platforms for her podcast- on Apple, Spotify, and others. Every episode is only 10 minutes :)
- **Nothing Much Happens**- a very effective free 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- Massachusetts**  
<https://www.instagram.com/amosawellness/> on Instagram

## Parenting

Resources for Mental Health & Parenting [www.parentingwell.org](http://www.parentingwell.org)

Postpartum Support International (PSI) [www.postpartum.net](http://www.postpartum.net)

Center for Parent Information & Resources [www.parentcenterhub.org](http://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!)

[searchq=resources+for+domestic+violence+near+me&oeq=resources+for+dom&aqs=chrome..69j0j457i512j69i57j0i512l7.4850j1j15&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=resources+for+domestic+violence+near+me&oeq=resources+for+dom&aqs=chrome..69j0j457i512j69i57j0i512l7.4850j1j15&sourceid=chrome&ie=UTF-8) (cut & paste into your browser)



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](http://rainn.org) Rape, Abuse & Incest National Network

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/>

## **Seniors**

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

Grants for Rhode Island Seniors! <https://grantsforseniors.org/grants-for-seniors-in-rhode-island/>

- Housing and Rent Assistance

- Financial Assistance
- Health Assistance
- Utility Bills Assistance
- Food Assistance

To combat loneliness, foster social connections:

<https://seniorplanet.org/>

Nursing Home Abuse- Prevention, & What to do if it Occurs: <https://www.nursinghomeabuse.org/>

Senior Care Concepts, Inc. Case management for Seniors. Cristina and Jenny are both RNs. [www.seniorcareconceptsinc.com](http://www.seniorcareconceptsinc.com)  
401-398-7655

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

[www.seniortransitionllc.com](http://www.seniortransitionllc.com)

Robin Smith Consulting- Insurance Advice & Advocacy for Seniors-  
Claims, Advocacy & Appeals [www.robingsmith.com](http://www.robingsmith.com)

Attorneys specializing in elder laws: (I've worked with all of them-  
they're all excellent)

Jeremy Howe, Newport RI (his website mentions divorces, but he also  
specializes in elder law and estate planning) 401-399-4119

Jeremiah Lynch III- specializing in estate planning, Middletown RI  
[jlynch@mvlaw.com](mailto:jlynch@mvlaw.com) 401-846-0120

Gayle Tarzwell 401-783-0819 Wakefield [gftarzwell@gmail.com](mailto:gftarzwell@gmail.com)

Laura Krohn, Elder Law Attorney, South Kingstown 401-398-8383.  
She wrote a book, Senior Resource Guide of RI  
[www.seniorguideri.com](http://www.seniorguideri.com)

[laura@laurakrohn.com](mailto:laura@laurakrohn.com)

Coastal Medical- 800-508-4908 In home medical care- Lifespan service- covered by insurances that are compatible with Lifespan providers. Must have a Coastal Medical provider- which you can find near you at this website: <https://www.lifespan.org/providers/lisa-ahava-pa>

**Help Me Ronda!** email: [rhonda@helpmeronda.tech](mailto:rhonda@helpmeronda.tech) 401-286-1444  
Technology training & support for the Pre-Internet Generation- RI, Southeastern Mass. [www.helpmeronda.tech](http://www.helpmeronda.tech) Ronda Sciolto, Coach & Consultant “Thrive in a Digital World”

## **Specific Concerns - Pets**

**For clients interested in getting a therapy dog:**

<https://www.medicalservicedogs.org> (they are in FL & you would need to travel there)

**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](http://www.rihomebasedcounseling.com)

## **Trauma**

Soooo Many Resources! Too many to list here- follow this link:

<https://www.google.com/search?q=trauma+resources&sxsrf=AB5stBg3PqEFIJWlZtaY7NytoCoeUzee-Q%3A1691248077407&ei=zWXOZKKzGOUup5NoP84G->

[uA4&ved=0ahUKEwjizYWH5sWAAxXrFFkFHfOAD-cQ4dUDCBA&uact=5&oq=trauma+resources&gs\\_l=egxnd3Mtd2l6LXNlcnAiEHRyYXVtYSByZXNvdXJjZXMyBRAAGIAEMgUQABiABDIFEAAyGAQyBRAAGIAEMgUQABiABDIFEAAyGAQyBRAAGIAEMgQLhiABBjHARivATIFEAAyGAQyBRAAGIAESK8fUMwIWPQdcAB4ApABAjgBggGgAaEMqgEEMTEuNbgBA8gBAPgBAclCBBAAGEfCAgcQlxiKBRgnwglHEAAyigUYQ8ICFhAuGIAEGBQYhwIYsQMYgwEYxwEYrwHCAggQABiABBjJA8ICCBAAAGloFGJIDwglIEECMYJ8ICCBAAAGIAEGLEDwglLEAAyGAQYsQMYgwHCAggQABiKBRIrAsICDhAuGloFGMcBGK8BGJEC4gMEGAAgQYgGAZAGCA&sclient=gws-wiz-serp#ip=1](https://www.google.com/search?q=trauma+resources&gs_l=egxnd3Mtd2l6LXNlcnAiEHRyYXVtYSByZXNvdXJjZXMyBRAAGIAEMgUQABiABDIFEAAyGAQyBRAAGIAEMgUQABiABDIFEAAyGAQyBRAAGIAEMgQLhiABBjHARivATIFEAAyGAQyBRAAGIAESK8fUMwIWPQdcAB4ApABAjgBggGgAaEMqgEEMTEuNbgBA8gBAPgBAclCBBAAGEfCAgcQlxiKBRgnwglHEAAyigUYQ8ICFhAuGIAEGBQYhwIYsQMYgwEYxwEYrwHCAggQABiABBjJA8ICCBAAAGloFGJIDwglIEECMYJ8ICCBAAAGIAEGLEDwglLEAAyGAQYsQMYgwHCAggQABiKBRIrAsICDhAuGloFGMcBGK8BGJEC4gMEGAAgQYgGAZAGCA&sclient=gws-wiz-serp#ip=1)

Here are a couple of the better ones:

Take the PTSD Self Assessment: <https://jflowershealth.com/ptsd-self-test/>

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

[www.ptsd.va.gov](http://www.ptsd.va.gov) Originally developed for Veterans, but this site also has a lot of helpful information and resources for civilian survivors

How Addictions & PTSD are related- this agency is in FL, but they list a lot of helpful facts and educational information (also above in addictions)

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

Sexual Assault Survivors: See Sexual Assault heading, above.

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## Childhood Trauma

For Children and Families who have Experienced Trauma: St. Mary's Home for Children <https://www.smhfc.org/>

Prevent Child Abuse America: [www.preventchildabuse.org](http://www.preventchildabuse.org)

## For Crime Survivors:

**Human Trafficking Hotline-** <https://humantraffickinghotline.org/>  
1-888-373-7888 (TTY: 711)

<https://www.fbi.gov/investigate/violent-crime/human-trafficking/> The  
National Center for Victims of Crime <https://victimsofcrime.org>

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

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

Help for Victims in Criminal Cases - RI

<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 other support services for crime survivors.

*Helpline- **Free – Confidential – 24/7 support and advocacy** for those impacted by crimes of violence **Victims of Crime***  
*1-800-494-8100*

*Or Chat w/ the Helpline Staff Here: <https://ricadv.org/need-help/>*

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> >

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

**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>

**RI - Resources of All Types- for RI Residents- by category**

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

**TBI- Traumatic Brain Injury**

TBI Program of RI: [https://health.ri.gov/programs/detail.php?pgm\\_id=34](https://health.ri.gov/programs/detail.php?pgm_id=34)  
Brain Injury Association of RI <https://biari.org/> helpful resources/ news/  
events & support groups

## **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](http://www.comfordoula.com)

Did you know you are eligible for Hospice Care through your health insurance within 6 months of your death?

RI State Directory for Hospice Care: <https://health.ri.gov/lifestages/death/about/> <https://ricadv.org/need-help/>

Visiting Nurse Home & Hospice - RI- Statewide- <https://visitingnursehh.org/> The Newport Service took care of my Mom w/ Skilled Care before she went on Hospice, and then w/ Hospice Care- they were very good.

Home & Hospice Care of Nursing Placement- RI- Statewide-

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

I worked for them 2013-2018 as a home care & hospice Social Worker — they were great when I worked for them, I was proud to work there.

National Hospice Locator- Find a Hospice Near You

<http://www.nationalhospicelocator.com/>

## **Veterans**

[www.ptsd.va.gov](http://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)

**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.

<https://habitica.com/>

**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.



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