

RESOURCE LIST FOR GOOD COMPANY MEETINGS

Local and online resources for:

Addiction:

- Alcoholic Anonymous offers free group support (good company) in their Twelve Step programs of self-inquiry and self-honesty for recovery. Participants trade isolation for connection, get a sponsor, and work the twelve steps.
 - Main website: <https://www.aa.org/>
 - **In the US and Canada:**
Find local meetings: https://www.aa.org/pages/en_US/find-aa-resources
 - **Outside the US and Canada:**
Find local meetings:
https://www.aa.org/pages/en_US/find-aa-resources/world/1
 - Find ONLINE meetings: <http://aa-intergroup.org/>
- Narcotics Anonymous also offers free group support through a Twelve-Step program, similar to Alcoholics Anonymous. NA works with all forms of substance abuse (including alcohol).
 - Find local meetings **anywhere in the world:**
<https://www.na.org/meetingsearch/>
 - To compare AA and NA, see:
<https://www.northpointrecovery.com/blog/na-vs-aa-differences-and-similarities-you-should-know/>
- Therapists & Treatment Centers:
 - **In the US and Canada:**
 - Psychology Today listings for therapists specializing in addiction:
<https://www.psychologytoday.com/us/therapists/addiction>
 - Online Therapy: <https://www.talkspace.com/>
 - Good Therapy listings for therapy and treatment centers:
<https://www.goodtherapy.org/find-therapist.html>

- National Institute on Alcohol Abuse and Alcoholism Treatment Navigator: <https://alcoholtreatment.niaaa.nih.gov/>
- **In the UK:**
 - Counseling Directory: <https://www.counselling-directory.org.uk/>
 - Psychology Today listings for therapists in UK: <https://www.psychologytoday.com/gb/counselling>
- **In Australia:**
 - Psychology Today listings for therapists in Australia: <https://www.psychologytoday.com/au/counselling>
- **In other countries:** Use Google or another search engine to query for “therapists specializing in addiction” or “addiction treatment centers”. Be sure to check reviews and credentials.
- Al-Anon/Alateen (12-step meetings for families/friends of those suffering from addiction):
 - Main website: <https://al-anon.org/>
 - Find local meetings **anywhere in the world:** <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>
 - Find ONLINE meetings:
 - <https://al-anon.org/al-anon-meetings/virtual-meetings/>
 - A Serenity Place (closed online Al-Anon meetings): <http://asp-afg.org/>
- Dr. Gabor Mate, best-selling author and speaker, shares with great compassion and insight his vast experience working with addiction
 - Website: <https://drgabormate.com/topic/addiction/>
 - Books by Dr. Mate: <https://drgabormate.com/book/>
- National Acupuncture Detoxification Association (NADA) uses a simple, five-needle ear acupuncture protocol that has been proven to reduce the rate of

recidivism and support recover from addiction. It is often offered for free or low cost.

- Scientific articles about NADA:
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5485467/>
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5153313/>
 - NADA website: www.acudetox.com
 - Yoga of Recovery integrates Ayurveda, yoga, and the tools of the Twelve Steps recovery: <http://yogaofrecovery.com/>
 - Kenneth Blum, researcher in neuropsychopharmacology and genetics, has published studies on the genetic influences and associations with alcoholism: https://en.wikipedia.org/wiki/Kenneth_Blum
 - Organizations committed to eliminating the stigma associated with addiction and creating active, inspiring, sober communities:
 - Heroes in Recovery: www.herosinrecovery.com
 - Erase the Stigma Now: <https://erasethestigmanow.wordpress.com/>
 - Faces & Voices of Recovery: <https://facesandvoicesofrecovery.org/>
 - The Substance Abuse & Mental Health Services Administration (SAMSA) "...is the agency within the US Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation" (from the SAMSA website): <https://www.samhsa.gov/>
-

Mental Illness

- Suicide Prevention
 - **In the US:**
 - National Suicide Prevention Lifeline: 1-800-273-8255 (available 24-7)

- Crisis Text Line: Text CONNECT to 741741

- **In Canada:**
 - Canadian Association for Suicide Prevention Crisis Center & Hotline listings by province:
<https://suicideprevention.ca/need-help/>
 - Crisis Text Line: Text HOME to 686868

- **In the UK:** SANEline: 0300 304 7000 (4:30pm - 10:30pm daily)

- **In other countries:** Use Google or another search engine to query for “suicide prevention help” to find a number or a center near you.

- Local Support: Therapists, Counselors, Psychologists, Psychiatrists, Spiritual Healers, Shamans, and others who specialize in mental health. Different practitioners will resonate with different individuals. Many communities offer free crisis support and advocacy, supported by compassionate volunteers.
 - **In the US and Canada:**
 - Psychology Today listings for therapists:
<https://www.psychologytoday.com/us/therapists>
 - Online Therapy: <https://www.talkspace.com/>
 - Good Therapy listings for therapy and treatment centers:
<https://www.goodtherapy.org/find-therapist.html>
 - The Substance Abuse & Mental Health Services Administration (SAMSA) “...is the agency within the US Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation” (from the SAMSA website):
<https://www.samhsa.gov/>
 - **In the UK:**
 - Counseling Directory: <https://www.counselling-directory.org.uk/>
 - Psychology Today listings for therapists in UK:
<https://www.psychologytoday.com/gb/counselling>

- **In Australia:**
 - Psychology Today listings for therapists in Australia:
<https://www.psychologytoday.com/au/counselling>
 - **In other countries:** Use Google or another search engine to query for “therapists” or “mental health professionals”. Be sure to check reviews and/or credentials.
-

Domestic Violence

- Help lines and Shelters:
 - **In the US:**
 - National Domestic Violence Hotline: 1-800-799-SAFE (7233) ~ (multilingual help available 24-7 in the US)
 - Live Chat Support:
 - <https://www.thehotline.org/help/> (click on “Chat Now”)
 - Domestic Violence Shelters: Most cities have resources for victims of domestic violence.
 - Information & support in finding local resources
<https://www.domesticshelters.org/>
 - **In Canada:**
 - DisAbled Women’s Network Canada:
<https://www.dawncanada.net/issues/crisis-hotlines/>
 - Women’s Shelters Canada: <https://endvaw.ca/>
 - **In the UK:**
 - Safe Lives: <http://www.safelives.org.uk/node/278>
 - UK Says No More: <http://uksaysnomore.org/get-help/>
 - Hotline: 0808 2000 247 (available 24/7)

- **In other countries:** Use Google or another search engine to query for “domestic violence help” or “domestic violence shelters” for local support

 - Therapists:
 - **In the US and Canada:**
 - Psychology Today listings for therapists specializing in domestic violence:
<https://www.psychologytoday.com/us/therapists/domestic-violence>
 - Online Therapy: <https://www.talkspace.com/>
 - Good Therapy listings for therapy:
<https://www.goodtherapy.org/find-therapist.html>

 - **In the UK:**
 - Counseling Directory: <https://www.counselling-directory.org.uk/>
 - Psychology Today listings for therapists in UK:
<https://www.psychologytoday.com/gb/counselling>

 - **In Australia:**
 - Psychology Today listings for therapists in Australia:
<https://www.psychologytoday.com/au/counselling>

 - **In other countries:** Use Google or another search engine to query for “therapists domestic violence” or “mental health professionals domestic violence”. Be sure to check reviews and/or credentials.
-

- **Sexual Assault/Abuse:**

- Resources in the US and Canada:

- RAINN (Rape, Abuse & Incest National Network): <https://www.rainn.org/>
Access to Live Chat support
- National Sexual Assault Telephone Hotline: 1-800-656-HOPE (4673) ~
(available 24-7). The caller is routed to a local RAINN affiliate
organization.
- Feminist Majority Foundation Hotline Directory:
<http://www.feminist.org/911/resources.html>
- Ending Violence Assoc. Of Canada:
<http://endingviolencecanada.org/getting-help/>
- Resources in UK:
 - UK Says No More: <http://uksaysnomore.org/get-help/>
 - Hotline: 0808 2000 247 (available 24/7)
- Therapists:
 - **In the US and Canada:**
 - Psychology Today listings for therapists specializing in sexual
abuse:
<https://www.psychologytoday.com/us/therapists/sexual-abuse>
 - Online Therapy: <https://www.talkspace.com/>
 - Good Therapy listings for therapy:
<https://www.goodtherapy.org/find-therapist.html>
 - **In the UK:**
 - Counseling Directory: <https://www.counselling-directory.org.uk/>
 - Psychology Today listings for therapists in UK:
<https://www.psychologytoday.com/gb/counselling>
 - **In Australia:**
 - Psychology Today listings for therapists in Australia:
<https://www.psychologytoday.com/au/counselling>

- In other countries: Use Google or another search engine to query for “therapists domestic violence” or “mental health professionals domestic violence”. Be sure to check reviews and/or credentials.
-

- **Eating Disorders**

- Resources in the US and Canada:

- National Eating Disorders Association: Information, support referrals, hotline, Live Chat support: <https://www.nationaleatingdisorders.org/> 1-800-931-2237
- Something Fishy: Treatment referrals and resources, online chat group, hotline: http://www.something-fishy.org/whatarethey/eating_disorders.php 1-866-418-1207
- National Association of Anorexia Nervosa & Associated Disorders Hotline: 1-630-577-1330 (Monday - Friday 9am - 5pm CST (24-7 hotline coming soon))
- Overeaters Anonymous Hotline: 1-505-891-2664 Available worldwide, provides support and meeting referrals. Not only for those concerned with overeating, also for support with anorexia, bulimia, or any other food disorder.
- Thursday's Child Eating Disorders Helpline: 1-866-628-7494 Assistance for teens with eating disorders and other mental health issues, available 24/7
- Eating Disorder Hope: <https://www.eatingdisorderhope.com/treatment-for-eating-disorders>

- International Resources:

- Eating Disorders Hope: <https://www.eatingdisorderhope.com/treatment-for-eating-disorders/international>
- Eat Breathe Thrive is a non-profit program that offers evidence-based programs that integrate yoga and community to support recovery from

eating disorders and negative body image:

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

- **Books:**
 - *Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myth, Metaphors and Storytelling* by Anita Johnston
 - *Hunger, Hope and Healing: A Yoga Approach to Reclaiming Your Relationship to Your Body and Food* by Sarahjoy Marsh

-
- **Dinacharyā (Healthy Daily Routine)** There are many resources to explore this. While we respect them, we would eventually like to offer a simple one here, without any vocabulary that may be daunting. In the meantime, here are a couple that we are familiar with that can do for now
 - *Dinacaryā: Changing Lives Through Daily Living* mini e-book, revised 3rd edition, 2016, by Dr. Claudia Welch:
<https://drclaudiawelch.com/shop/books/dinacharya-changing-lives-through-daily-living/>
 - *Balance Your Hormones, Balance Your Life*, by Dr. Claudia Welch (part III of the book addresses healthy daily routines)
 - [In Defense of Food: An Eater's Manifesto](#) by Michael Pollan