MORE RESOURCES

ANIMAL COMPANIONSHIP
Habri.org - Information and research on the connection between people and animals.

PetPartners.org - Organization promoting the health and wellness benefits of animal-assisted therapy, activities, and education, and providing education and credentials for therapy animal teams. Visit petpartners.org to learn more about therapy animals and inquire about setting up therapy animal visiting programs.

PetPeaceOfMind.org - Organization that helps people receiving hospice or palliative care to care for their pets.

TherapyDogs.com - Provides training and certification for dogs to become registered therapy dogs and has teams that make visits in the community.

WORK-LIFE BALANCE
AskJAN.org - Job Accomodation Network’s official website with resources for individuals, employers, and others surrounding workplace accommodations and disability employment issues. Also in Spanish.

MentalHealthAmerica.net/Workplace-Mental-Health - Data from MHA's Workplace Health Survey on work environments, workplace stress, employee engagement, and employee benefits.

WorkFlexibility.org - National initiative in support of workplace flexibility.

SOCIAL CONNECTION AND RECREATION
Clubhouse-Intl.org - A website for individuals living with mental illnesses to find Clubhouses—safe environments with opportunities for friendship, employment, housing, education and access to medical and psychiatric services in a single setting.

ColorTherapy.app - Color Therapy is an app for every day people, from all walks of life, to de-stress and unwind through a social coloring experience. The in-app community benefits from friendly, unconditional support when voicing their worries, anxieties, or mental health battles, all while creating beautiful artworks to share with the world.

Inspire.com - A social network for patients and caregivers to connect, share, and learn from each other about medical conditions, treatment, and support.

LoveKnitting.com - LoveKnitting is a global community for makers. We're dedicated to creating a place where your projects are celebrated, advice is shared and it’s easy to buy supplies.

TheMighty.com - A safe, supportive online community for people facing health challenges and the people who care for them.

CHRONIC HEALTH CONDITIONS & CAREGIVING
CaregiverAction.org - Education, peer support, and resources for family caregivers.

ChoicesInRecovery.com - Support and information for people with Schizophrenia, Schizoaffective, and Bipolar Disorder and their caregivers, including resources for having conversations with treatment professionals.

HeadsUpGuys.org - Information and resources for men dealing with depression.

Lung.org - The American Lung Association provides information and resources around lung diseases, air quality, and tobacco cessation.

MoreThanMyDiagnosis.com - Stories and advice from people who either live with mental health issues or care for someone who does.

WomenHeart.org - Information and support about heart disease designed especially for women.