

# 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](http://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 Accommodation 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.