



Resources & Support

Organizations, crisis resources, education, advocacy and support for individuals, families, caregivers and communities.

www.TheWellnessUniverse.com

Resources & Support

The Wellness Universe has gathered this collection of organizations and resources to provide support, education, advocacy, and services for individuals, families, caregivers, and communities navigating loss, grief, transition, and other life challenges.

Whether you are looking for immediate support, additional guidance, trusted educational resources, or organizations making a meaningful difference, we hope these resources provide a helpful starting point.

Disclaimer

This directory has been carefully curated, and each listing was reviewed for reputability at the time of publication. Ratings, reviews, services, contact information, and organizational offerings may change over time.

We encourage you to use your own discernment, ask questions, and determine whether any resource, service, organization, or practitioner is appropriate for your individual needs and circumstances.

Inclusion in this directory does not constitute an endorsement by The Wellness Universe, and The Wellness Universe is not responsible for the actions, services, practices, or outcomes of any organization, practitioner, or resource listed here.

The Wellness Universe Experts & Community

Wellness Experts and Practitioners

Connect with coaches, practitioners, educators, speakers, and specialists from The Wellness Universe.

Website: [The Wellness Universe Authors & Experts](#)

The Wellness Universe Lounge & Website Directory

The Wellness Universe Lounge is an online learning center and virtual community offering live and recorded sessions that are affordably priced, donation-based, or free. Explore holistic well-being and self-care classes, programs, expert-led events, and on-demand sessions supporting mental, physical, emotional, and spiritual well-being.

Website: [The Wellness Universe](#)

The Wellness Universe Lounge: [Explore Classes & Events](#)

Emergency & Crisis Support

Dangerous & Life-Threatening Emergency

Common Worldwide Emergency Numbers

If you or someone else is in immediate danger or experiencing a life-threatening emergency, contact your local emergency services immediately.

911 — United States, Canada, and many U.S. territories; fire, police, or paramedics

988 — United States Suicide & Crisis Lifeline **Website:** [988 Suicide & Crisis Lifeline](#)

112 — European Union member countries, the UK, and many other countries worldwide

999 — United Kingdom and Ireland

000 — Australia

111 — New Zealand

If you are unsure of your country's emergency number, contact your local authorities or visit your country's official government emergency services website.

Food, Shelter & Crisis Relief

American Red Cross

What they do: Provide emergency disaster relief, emergency shelter, family reunification assistance, preparedness education, blood services, and support during local and national disasters.

Website: [American Red Cross](#) **Contact:** 800-733-2767

Befrienders Worldwide

What they do: A global network of crisis helplines offering confidential emotional support and suicide prevention through member organizations in countries around the world.

Website: [Befrienders Worldwide](#) **Contact:** Visit the website to locate your country's participating crisis center.

Catholic Charities USA

What they do: Offer housing assistance, emergency financial support, case management, food programs, and community services for individuals and families in need across the United States.

Website: [Catholic Charities USA](#) **Contact:** A local agency locator is available through the website.

Feeding America

What they do: Operate the largest hunger-relief network in the United States, providing food distribution, community partnerships, and support for families experiencing food insecurity.

Website: [Feeding America](#) **Contact:** A local food bank locator is available through the website.

Find a Helpline

What they do: Maintain a searchable global directory that helps individuals locate free or low-cost crisis, suicide prevention, mental health, and emotional support services in more than 130 countries.

Website: [Find a Helpline](#) **Contact:** Online directory; services vary by country.

Habitat for Humanity

What they do: Build and repair homes, support affordable housing initiatives, and partner with families to create stable housing through volunteer labor and community programs.

Website: [Habitat for Humanity](#) **Contact:** A local Habitat affiliate locator is available through the website.

National Low Income Housing Coalition (NLIHC)

What they do: Advocate for affordable housing policy, conduct national research, and publish resources such as the annual “Out of Reach” report on housing affordability.

Website: [National Low Income Housing Coalition](#) **Contact:** A contact form is available through the organization’s website.

Operation HOPE

What they do: Provide financial literacy education, credit counseling, small-business support, and economic empowerment programs for individuals and families seeking financial stability.

Website: [Operation HOPE](#) **Contact:** 888-388-4673

Salvation Army (U.S.)

What they do: Offer emergency housing, rental assistance, utility support, food programs, and community services for individuals and families experiencing financial hardship.

Website: [Salvation Army USA](#) **Contact:** Use the “Find Help” option on the website to locate a local service center.

State Health & Human Services / Social Services Agencies

What they do: Connect eligible individuals and families with public benefits, food assistance, Medicaid, disability services, housing resources, behavioral health programs, and other state-supported services.

Website: Refer to your state’s official agency website. **Contact:** Information varies by state.

UNICEF

What they do: Provide immunizations and disease prevention, administer treatment for children and mothers with HIV, enhance childhood and maternal nutrition, improve sanitation, promote education, and provide emergency relief in response to disasters.

Website: [UNICEF](#) **Contact:** Find [UNICEF in your country and regional data](#)

United Way / 211

What they do: Connect individuals and families with local resources and essential community and health services, including food, housing assistance, mental health support, and utility assistance.

Website: [United Way](#) **Contact:** Dial 211 to receive help finding local resources.

Addiction & Recovery

Alcoholics Anonymous (AA)

What they do: Provide free, peer-led support groups, sponsorship, and a Twelve-Step recovery program that helps individuals achieve and maintain long-term recovery from alcohol addiction.

Website: [Alcoholics Anonymous](#) **Contact:** 212-870-3400. Find local meetings worldwide through the website.

Narcotics Anonymous (NA)

What they do: Offer free, peer-led support groups and a Twelve-Step recovery program for individuals seeking recovery from drug addiction, regardless of the substance used.

Website: [Narcotics Anonymous](#) **Contact:** 818-773-9999. A meeting locator is available through the website.

SMART Recovery

What they do: Provide a science-based, self-empowered recovery program using evidence-informed tools and meetings to help individuals overcome addictive behaviors, including alcohol, drugs, gambling, and other compulsive behaviors.

Website: [SMART Recovery](#) **Contact:** 440-951-5357. Online and local meeting locators are available through the website.

Al-Anon Family Groups

What they do: Offer peer support, education, and encouragement for families and friends affected by someone else's alcohol use, helping loved ones find healing regardless of whether the individual struggling with addiction seeks recovery.

Website: [Al-Anon Family Groups](#) **Contact:** A local meeting locator is available through the website.

Bereavement & Grief Support

Child Bereavement UK

What they do: Offer grief support, counseling, information, and education for bereaved children, parents, and young people throughout the United Kingdom.

Website: [Child Bereavement UK](#) **Contact:** National Helpline (UK): 0800-02-888-40

Cruse Bereavement Support

What they do: Offer free grief support, counseling, information, and education for bereaved adults, children, and families throughout the United Kingdom.

Website: [Cruse Bereavement Support](#) **Contact:** National Helpline (UK): 0808-808-1677

National Alliance for Children's Grief (NACG)

What they do: Support grieving children and families by connecting them with local bereavement programs while providing education, advocacy, and professional training nationwide.

Website: [National Alliance for Children's Grief](#) **Contact:** 866-432-1542

The Compassionate Friends

What they do: Provide peer support, local chapters, online communities, and educational resources for families grieving the death of a child, sibling, or grandchild.

Website: [The Compassionate Friends](#) **Contact:** 877-969-0010. A local chapter locator is available.

The Dougy Center

What they do: Provide peer grief support, education, and resources for children, teens, young adults, and their families while also training professionals and organizations worldwide in childhood bereavement best practices.

Website: [The Dougy Center](#) **Contact:** 503-775-5683

Cancer Support

American Cancer Society

What they do: Provide nationwide cancer support, education, research funding, patient programs, and community resources that help individuals and families navigate diagnosis, treatment, and survivorship.

Website: [American Cancer Society](#) **Contact:** 800-227-2345

CancerCare

What they do: Offer free professional counseling, support groups, financial assistance, education, and practical help for anyone affected by cancer, including patients, caregivers, and loved ones.

Website: [CancerCare](#) **Contact:** 800-813-4673

Cancer Support Community

What they do: Provide support groups, counseling, education, navigation services, and community-based programs for individuals and families impacted by cancer, including online and in-person resources.

Website: [Cancer Support Community](#) **Contact:** 888-793-9355

Gilda's Club

What they do: Offer support groups, workshops, social connections, and community programs for individuals and families facing cancer as part of the Cancer Support Community network.

Website: [Gilda's Club](#) **Contact:** Local clubhouses and program information are available through the website.

Leukemia & Lymphoma Society (LLS)

What they do: Fund blood cancer research, provide patient support, offer financial assistance, and deliver education and advocacy for individuals affected by leukemia, lymphoma, Hodgkin's disease, and myeloma.

Website: [Leukemia & Lymphoma Society](#) **Contact:** 800-955-4572

National Breast Cancer Foundation

What they do: Provide education, early detection programs, patient support, and resources that help individuals navigate breast cancer diagnosis, treatment, and survivorship.

Website: [National Breast Cancer Foundation](#) **Contact:** 972-248-9200

Stupid Cancer

What they do: Support adolescents and young adults affected by cancer through digital programs, community events, education, and peer connection resources tailored to the adolescent and young adult cancer experience.

Website: [Stupid Cancer](#) **Contact:** A contact form is available through the organization's website.

Caregiver Support

Caregiver Action Network

What they do: Provide education, peer support, advocacy, and practical resources for family caregivers across the United States, including those caring for loved ones with chronic illness, disability, or age-related needs.

Website: [Caregiver Action Network](#)

Family Caregiver Alliance (FCA)

What they do: Support family caregivers through education, research, advocacy, and direct services, including online resources, classes, and state-specific caregiver information.

Website: [Family Caregiver Alliance](#) **Contact:** 800-445-8106

National Alliance for Caregiving (NAC)

What they do: Advance research, advocacy, and national policy to support family caregivers, providing reports, resources, and collaborative initiatives that strengthen caregiver well-being.

Website: [National Alliance for Caregiving](#) **Contact:** [Contact the National Alliance for Caregiving](#)

Well Spouse Association

What they do: Provide peer support, community connection, and resources for individuals caring for a chronically ill or disabled spouse or partner, including support groups and online forums.

Website: [Well Spouse Association](#) **Contact:** info@wellspouse.org

Children & Youth Support

Big Brothers Big Sisters

What they do: A nationally recognized mentoring organization providing one-to-one support for youth facing adversity, helping them build resilience, confidence, and healthy relationships.

Website: [Big Brothers Big Sisters](#)

Boys & Girls Clubs of America

What they do: A trusted national organization offering safe spaces, mentoring, academic support, and emotional development programs for children and teens ages 6–18.

Website: [Boys & Girls Clubs of America](#)

Covenant House

What they do: An international nonprofit providing shelter, safety, counseling, and transition support for youth experiencing homelessness, crisis, or instability.

Website: [Covenant House](#)

DoSomething.org

What they do: A global youth-led movement offering empowerment programs, community engagement opportunities, and social-impact campaigns for teens and young adults.

Website: [DoSomething.org](#)

Kids in the Middle

What they do: Provide education, counseling resources, and practical programs that help children and families successfully navigate separation, divorce, and changing family relationships.

Website: [Kids in the Middle](#) **Contact:** 314-909-9922

National Association of School Psychologists (NASP)

What they do: Support school psychologists and families through mental-health resources, crisis-response guidance, and youth-focused emotional-well-being programs.

Website: [National Association of School Psychologists](#) **Contact:** 301-657-0270 or 866-331-NASP

Parents as Teachers

What they do: An international nonprofit offering home-visiting support, early-childhood development guidance, and family-strengthening programs delivered through trained parent educators in all 50 U.S. states and multiple countries.

Website: [Parents as Teachers](#) **Contact:** 314-432-4330

Youth Villages

What they do: A nationally recognized organization supporting youth with emotional and behavioral challenges, including grief, trauma, and major life transitions, through evidence-based programs.

Website: [Youth Villages](#)

ZERO TO THREE

What they do: A leading national nonprofit supporting infants, toddlers, and families through science-based developmental resources, parenting tools, early-childhood policy work, and professional training.

Website: [ZERO TO THREE](#) **Contact:** 202-638-1144

Disability & Accessibility

Autistic Self Advocacy Network (ASAN)

What they do: Advocate for the rights, inclusion, and self-determination of autistic people through policy work, community education, leadership development, and disability justice initiatives.

Website: [Autistic Self Advocacy Network](#)

Disability Rights Education & Defense Fund (DREDF)

What they do: Promote and protect the civil and human rights of people with disabilities through legal advocacy, policy reform, education, and community engagement.

Website: [Disability Rights Education & Defense Fund](#) **Contact:** 510-644-2555

National Association of the Deaf (NAD)

What they do: Advocate for civil rights, accessibility, language equity, and full inclusion of Deaf and hard-of-hearing individuals through policy work, legal advocacy, and community resources.

Website: [National Association of the Deaf](#) **Contact:** 301-587-1788

National Federation of the Blind (NFB)

What they do: Support blind and low-vision individuals through advocacy, education, training programs, scholarships, community resources, and initiatives that promote independence and equal opportunity.

Website: [National Federation of the Blind](#) **Contact:** 410-659-9314

United Spinal Association

What they do: Provide resources, peer support, advocacy, and community programs for people living with spinal cord injuries and disorders, promoting independence, accessibility, and quality of life.

Website: [United Spinal Association](#) **Contact:** 718-803-3782

Domestic Violence & Abuse

A Call to Men

What they do: Promote healthy, respectful manhood by educating men and boys, preventing gender-based violence, and fostering cultures of respect, accountability, and equality.

Website: [A Call to Men](#)

Futures Without Violence

What they do: Work to prevent domestic violence, sexual assault, child abuse, and human trafficking through education, public policy, healthcare initiatives, and prevention programs.

Website: [Futures Without Violence](#) **Contact:** 415-678-5500

Love Is Respect

What they do: Empower teens and young adults to build healthy relationships while providing confidential support, education, and resources for dating abuse prevention and intervention.

Website: [Love Is Respect](#) **Contact:** 866-331-9474 **Text:** LOVEIS to 22522 **Online Chat:** Available through the website.

National Domestic Violence Hotline

What they do: Provide 24/7 confidential support, crisis intervention, safety planning, and resources for individuals experiencing domestic violence, emotional abuse, coercive control, or relationship-based harm.

Website: [National Domestic Violence Hotline](#) **Contact:** 800-799-SAFE (7233) **Text:** START to 88788 **Online Chat:** Available through the website.

RAINN — Rape, Abuse & Incest National Network

What they do: Operate the nation's largest sexual assault support organization, providing confidential crisis intervention, survivor advocacy, education, and referrals to local services.

Website: [RAINN National Sexual Assault Hotline](#) **Contact:** 800-656-HOPE (4673) **Text:** HOPE to 64673 **Online Chat:** Available through the website.

Friendship, Community Building & Social Connection

Please note: Social-connection platforms can have mixed public ratings and experiences vary by individual. Please use personal discretion when building relationships online or in person.

You may also connect within [The Wellness Universe community](#).

Bumble for Friends (BFF)

What they do: A friendship-focused app that helps adults meet new friends, build social circles, and create supportive connections based on shared interests.

Website: [Bumble for Friends](#)

Idealist

What they do: Connect individuals with local volunteer opportunities, helping people build friendships, strengthen community ties, and engage in meaningful service.

Website: [Idealist](#)

Meetup

What they do: A global platform that helps people build friendships, join interest-based groups, attend local events, and create community through shared activities.

Website: [Meetup](#)

Nextdoor

What they do: A neighborhood-based social platform that helps people connect with nearby residents, share local information, organize community events, and build supportive local networks.

Website: [Nextdoor](#)

LGBTQIA+ Support

LGBT National Help Center

What they do: Offer confidential peer support, online chat, national hotlines, and resource referrals for LGBTQIA+ individuals, youth, older adults, families, and allies.

Website: [LGBT National Help Center](#) **Contact:** 888-843-4564 Additional youth and senior hotlines are available through the website.

PFLAG

What they do: Support LGBTQIA+ individuals, families, friends, and allies through peer support, education, advocacy, local chapters, and community programs that foster understanding, acceptance, and belonging.

Website: [PFLAG](#) **Contact:** 202-467-8180. Local chapters and support groups can be found through the website.

SAGE

What they do: Support LGBTQIA+ older adults through advocacy, caregiver community programs, housing initiatives, and services that reduce isolation while promoting healthy aging and dignity.

Website: [SAGE](#) **Contact:** 212-741-2247

The Trevor Project

What they do: Provide crisis intervention, suicide prevention, mental health resources, peer support, and educational programs for LGBTQIA+ youth and young adults.

Website: [The Trevor Project](#) **Contact:** 866-488-7386 **Text:** START to 678678 **Online Chat:** Available through the website.

Marriage, Divorce & Family Transition

DivorceCare (Church Initiative)

What they do: Provide support groups, educational resources, and practical tools to help individuals heal emotionally, rebuild their lives, and move forward after separation or divorce through a nationwide network of local and online programs.

Website: [DivorceCare](#) **Contact:** 800-395-755 (A Ministry of Church Initiative, Inc.). Local groups and online support can be found through the website.

FamilyKind

What they do: Help parents reduce conflict, strengthen co-parenting relationships, and create healthier outcomes for children through education, mediation, coaching, and family-centered resources during and after divorce.

Website: [FamilyKind](#) **Contact:** 929-479-2975

Gottman Institute

What they do: Provide research-based relationship tools, workshops, couples therapy, and online resources grounded in the Gottman Method for relationship stability and communication.

Website: [Gottman Institute](#) **Find a Therapist:** [Gottman Therapist Directory](#)

Imago Relationships Worldwide

What they do: Offer relationship counseling, communication-repair workshops, and therapeutic tools through certified practitioners in more than 50 countries.

Website: [Imago Relationships Worldwide](#) **Contact:** info@imagorelationshipswork.com

International Coaching Federation (ICF)

What they do: Provide access to a global directory of certified coaches supporting individuals with communication, relationships, family transitions, emotional regulation, and personal development.

Website: [International Coaching Federation](#)

National Parents Organization

What they do: Promote healthy co-parenting, shared parenting, and child-centered family transitions through education, advocacy, and resources that support the well-being of children following separation or divorce.

Website: [National Parents Organization](#)

Mental Health

Anxiety and Depression Association of America (ADAA)

What they do: Provide evidence-based education, peer support resources, and a therapist directory for individuals living with anxiety, depression, OCD, PTSD, and related disorders. ADAA does not provide crisis counseling or direct clinical services.

Website: [Anxiety and Depression Association of America](#)

Child Mind Institute

What they do: A national nonprofit providing evidence-based mental-health and learning-disorder support for children and families, including free clinical resources, parent guides, and nationwide telehealth services.

Website: [Child Mind Institute](#) **Contact:** 212-308-3118

Mental Health America (MHA)

What they do: Promote mental wellness through prevention, education, mental health screening tools, advocacy, and community-based resources that help individuals recognize concerns early and connect with appropriate support.

Website: [Mental Health America](#)

National Alliance on Mental Illness (NAMI)

What they do: Provide education, peer support, advocacy, resource navigation, and local chapter services for individuals and families affected by mental illness.

Website: [NAMI](#) **NAMI HelpLine:** 800-950-6264 **Text:** NAMI to 62640

National Institute of Mental Health (NIMH)

What they do: Serve as the nation's leading federal research agency for mental health by providing trusted, science-based information on mental illnesses, treatments, current research, and clinical trials.

Website: [National Institute of Mental Health](#) **Mental Health Information Center:** 866-615-6464

Pregnancy, Infant Loss & Perinatal Support

March of Dimes

What they do: Improve the health of mothers and babies by providing pregnancy education, NICU family support, maternal health resources, bereavement guidance, advocacy, and programs that help families before, during, and after pregnancy.

Website: [March of Dimes](#) **Contact:** 888-MODIMES (888-663-4637)

Postpartum Support International (PSI)

What they do: Provide compassionate support, education, professional referrals, peer support, and resources for individuals and families experiencing postpartum depression, anxiety, pregnancy loss, infant loss, birth trauma, and other perinatal mental health challenges.

Website: [Postpartum Support International](#) **HelpLine:** 800-944-4773 **Text in English:** 800-944-4773 **Texto en español:** 971-203-7773

Share Pregnancy & Infant Loss Support

What they do: Offer peer support, support groups, educational resources, memorial events, and compassionate guidance for families experiencing miscarriage, stillbirth, infant loss, and neonatal death.

Website: [Share Pregnancy & Infant Loss Support](#) **Contact:** 636-947-6164

Star Legacy Foundation

What they do: Support families affected by pregnancy and infant loss through bereavement support, education, advocacy, research, prevention initiatives, and connections to local resources.

Website: [Star Legacy Foundation](#) **Contact:** 952-715-7731

Suicide Prevention & Suicide Loss

Alliance of Hope for Suicide Loss Survivors

What they do: Provide compassionate support, education, and one of the world's largest online communities dedicated exclusively to individuals grieving the loss of a loved one to suicide.

Website: [Alliance of Hope](#) **Contact:** 847-868-3313

American Foundation for Suicide Prevention (AFSP)

What they do: Lead national efforts to save lives and bring hope to those affected by suicide through education, research, advocacy, public policy, community programs, and support for individuals and families impacted by suicide.

Website: [American Foundation for Suicide Prevention](#) **Contact:** 212-363-3500 or 888-333-AFSP (2377)

International Association for Suicide Prevention (IASP)

What they do: Advance global suicide prevention through international collaboration, education, research, advocacy, and connections to crisis resources around the world.

Website: [International Association for Suicide Prevention](#)

Suicide Awareness Voices of Education (SAVE)

What they do: Work to prevent suicide through public awareness, education, evidence-informed prevention programs, survivor support, and community outreach.

Website: [SAVE](#) **Contact:** 952-946-7998

See also: Befrienders Worldwide, a global network of crisis helplines providing confidential emotional support and suicide prevention services in countries worldwide.

Veterans & Military Families

Blue Star Families

What they do: Strengthen military families through community programs, spouse support, career resources, family resilience initiatives, and connections to local services that help military families thrive.

Website: [Blue Star Families](#) **Contact:** 844-202-7827

Elizabeth Dole Foundation

What they do: Support military and veteran caregivers through education, advocacy, research, respite resources, and programs that recognize and empower those caring for wounded, ill, or injured service members and veterans.

Website: [Elizabeth Dole Foundation](#)

Fisher House Foundation

What they do: Provide free lodging, travel assistance, scholarships, and family support so military and veteran families can remain close to loved ones receiving medical care during hospitalization and recovery.

Website: [Fisher House Foundation](#) **Contact:** 888-294-8560

Tragedy Assistance Program for Survivors (TAPS)

What they do: Provide compassionate peer support, grief care, survivor programs, casework assistance, and long-term resources for military families grieving the death of a service member or veteran.

Website: [TAPS 24/7 National Military Survivor Helpline](#): 800-959-TAPS (8277)

Widows & Widowers Support

Modern Widows Club

What they do: Empower widowed women through education, peer support, leadership development, local communities, online programs, advocacy, and transformational resources. Through national initiatives and strategic partnerships, they advance public awareness and advocate for policy improvements, including Social Security and other issues affecting the financial security and well-being of surviving spouses.

Website: [Modern Widows Club](#) **Contact:** 844-429-4369 (844-4-A-WIDOW)

National Widowers' Organization

What they do: Provide peer support, practical resources, online discussion groups, and educational tools specifically designed to help widowers and grieving men navigate life after the death of a spouse or loved one.

Website: [National Widowers' Organization](#) **Contact:** [Contact National Widowers' Organization](#)

Soaring Spirits International

What they do: Connect widowed individuals through peer support, local social groups, Camp Widow®, online communities, educational resources, and programs that foster healing, resilience, and connection after the loss of a spouse or partner. Support is inclusive of both widows and widowers.

Website: [Soaring Spirits International](#) **Contact:** [Contact Soaring Spirits International](#)

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