

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 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.