

It's never too late!

Below you will find resources if you or someone you know needs help. We can't do life alone. We all have moments where we struggle and where life feels like it's too much. Be gentle with yourself and others, and remember that you are never ever alone.

We are a huge advocate of therapy and go to therapists ourselves! If you have any additional resources that you think can help / that we should add below, please let us know at info@thehappyhealingshop.com

THERAPY

- [Betterhelp Online Therapy](#) (Get 30% off your 3 months of online therapy)
- [Betterhelp Online Therapy Link #2](#) (If the above link doesn't work, use this one - 10% off your first month of online therapy)
- [Talkspace Online Therapy](#)
- [Cerebral](#) (Online Therapy, Counseling, Coaching & Medication) - Depending on the plan, they accept certain insurance so it would cost \$29/month + your copay
- [Open Path Collective](#)
- [EMDR Therapy](#)
- [Therapy Directory for POC](#) (Latinx)

GRIEF & LOSS

- [Grief & Loss \(SELF STUDY LITE\) Course \(mediumship not included\)](#)

DOMESTIC & SUBSTANCE ABUSE / SUICIDE

- [Suicide Prevention](#) (You can also **talk or text** them at **988** anytime, even if you aren't suicidal but are having a bad day or need help to talk through something)
- [Domestic Abuse Hotline](#)
- National Sexual Assault Hotline -1- 800-656-HOPE
- [Alcoholic Anonymous](#)
- [Adult Children of Alcoholics](#)
- [Milestones Ranch \(rehab treatment center in Malibu, CA\)](#)

FEEL CALMER TODAY

- [Breathwork Meditation](#)
- [Meditation Music](#)