

Demi Lovato Resources:

Helpful Resources:

Addiction Resources

<https://www.samhsa.gov/find-help/national-helpline>

<https://www.shatterproof.org/learn/addiction-resources>

<https://www.usa.gov/mental-health-substance-abuse>

ED Resources:

<https://www.timberlineknolls.com/>

<https://www.alsana.com/>

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

Resources:

Background

[Demi Lovato](#)

[Demi Lovato Opens Up About Her 'Abusive' Father: 'I Was Very Conflicted When He Passed'](#)

[Here's Why Demi Lovato's 'Father' Is The Most Gut-Wrenching Tribute](#)

[The Story of Demi Lovato's Childhood Pact With God Will Give You Chills](#)

[Demi Lovato - Pretty Big Deal with Ashley Graham](#)

Mental Health and Drug Abuse

[Demi Lovato's History With Substance Abuse, Explained](#)

- **Childhood**

[How Seeing Demi Lovato's Childhood Helps Us Understand Her Mental Health as an Adult](#)

[Demi Lovato Reveals: I Would 'Smuggle' Cocaine On Planes \(Exclusive\)](#)

[DEMI LOVATO TURNED TO SCHOOL AT HOME BECAUSE OF BULLYING](#)

[Demi Lovato Shares How Being Bullied in Seventh Grade Led to Her Eating Disorder](#)

[Demi Lovato reveals she used opiates for first time at 13](#)

[Demi Lovato's History With Substance Abuse, Explained](#)

[Demi Lovato Lost Her Childhood To Mental Abuse, Drug Addiction](#)

[How Seeing Demi Lovato's Childhood Helps Us Understand Her Mental Health as an Adult](#)

<https://www.dailymail.co.uk/tvshowbiz/article-11141669/Call-Daddy-Demi-Lovato-lays-bare-horrific-exploitation-faced-Disney-child-star.html>

- **Assaulting Her Back-Up Dancer**

[Demi Lovato Reveals How Drugs Led to Her Punching Her Backup Dancer](#)

[Demi Lovato Revealed The Truth About That Altercation With Her Background Dancer](#)

[Demi Lovato Quits Tour, Enters Treatment](#)

[Alex Welch Is Still Waiting for Demi Lovato's Apology](#)

[Nick Jonas Opens Up About Demi Lovato Punching Her Back-Up Dancer In New Documentary](#)

[Billboard Cover: A Candid Conversation With Demi Lovato & Nick Jonas on Surviving Disney, Their Huge New Tour and Pop Stardom on Their Own Terms](#)

- **False Recovery**

[Demi Lovato Exclusive Interview](#)

[Demi Lovato: I Have Bipolar Disorder](#)

<https://www.thethings.com/demi-lovato-says-she-was-exploited-as-a-teen-star/#:~:text=Demi%20Lovato%20Spoke%20Up%20About,Channel%20in%20the%20late%202000s>.

- **Finding Sobriety**

[The 10 Most Honest Confessions From Demi Lovato's 'Simply Complicated' YouTube Documentary](#)

[Demi Lovato Posted a Side-by-Side That Shows How Far She's Come in Her Eating Disorder Recovery](#)

- **Near Fatal Overdose**

[Demi Lovato Subtweets Sober Coach After He Appears To Throw Shade At Her](#)

[Demi Lovato fired sober coach days before 'drug overdose' as pals begged her to rein in wild partying](#)

[WARNING SIGNS Demi Lovato 'fired her long-term sober coach three weeks ago' and family are desperate for her to go back to rehab](#)

[Demi Lovato stable and recovering after apparent overdose](#)

[Demi Lovato on life after surviving overdose: I had to "essentially die to wake up"](#)

[Demi Lovato Responds to Rumors About Her Recovery](#)

[Demi Lovato says her old manager used to "control" what she ate](#)

['Demi Lovato: Dancing With the Devil': Everything We Learned in Explosive Docuseries](#)

[DEMI LOVATO Drug Dealer Says SHE KNEW TAKING 'AFTERMARKET' PILLS WERE RISKY](#)

[Demi Lovato Lost Her Virginity at 15 After Being Raped by an Actor During Disney Days: This Is 'My #MeToo Story'](#)

<https://www.thedailybeast.com/demi-lovato-reveals-she-was-raped-while-working-for-disney-the-y-never-got-in-trouble>

<https://www.dailymail.co.uk/tvshowbiz/article-11141669/Call-Daddy-Demi-Lovato-lays-bare-horrific-exploitation-faced-Disney-child-star.html>

- **Life after Lockdown**

[Demi Lovato Is Finally Home](#)

<https://www.thecut.com/2022/08/demi-lovato-alleges-brainwashing-by-former-management.html>

Frozen Yoghurt

[The Demi Lovato–Frozen Yogurt Shop Controversy, Fully Explained](#)

[Demi Lovato's Frozen Yogurt Controversy: What to Know About Their Feud With The Bigg Chill Shop](#)

[Here's What's Going On With All The Controversy Over Demi Lovato Calling Out That Frozen Yogurt Store](#)

[A Timeline of the Demi Lovato and Bigg Chill Frozen Yogurt Controversy](#)

The Effects of Child-Stardom

[Demi Lovato Says Being the 'Breadwinner' as a Child Star Impacted Their Family Dynamic: 'I Pay the Bills'](#)

[Demi Lovato's Advice for Child Stars: 'Give Yourself a Childhood'](#)

[Demi Lovato Wants to Speak to Former Disney Channel and Child Stars For a New Project](#)

[DEMI LOVATO SLAMS CHILD STARDOM](#)

Relationship w wilmer

<https://www.usmagazine.com/celebrity-news/pictures/demi-lovato-and-wilmer-valderramas-up-and-downs-through-the-years/>

<https://www.rollingstone.com/music/music-news/demi-lovato-alludes-to-ex-wilmer-valderrama-relationship-29-1398290/>

[Demi Lovato: Stay Strong](#)

[DEMI LOVATO The Sober Living House Is My Home!](#)

[Demi Lovato Celebrates 5-Year Anniversary of Her Sobriety](#)

<https://www.cnn.com/2022/08/02/entertainment/demi-lovato-pronouns-she-her-cec/index.html>

<https://www.billboard.com/music/music-news/demi-lovato-back-in-the-studio-1235181580/>

<https://www.elitedaily.com/entertainment/who-does-scooter-braun-work-with>

<https://www.usmagazine.com/celebrity-news/pictures/demi-lovatos-complete-dating-history/>

<https://www.capitalfm.com/news/demi-lovato-ex-boyfriend-dating/>

<https://www.latimes.com/entertainment-arts/music/story/2022-08-18/demi-lovato-holy-fvck-new-album>

<https://www.latimes.com/entertainment-arts/music/story/2022-09-14/demi-lovato-last-tour-sick>

<https://celebmix.com/demi-lovato-explores-the-deeply-personal-journey-of-29-in-her-new-live-performance/>

<https://www.etonline.com/demi-lovato-is-grateful-for-boyfriend-jute-in-sweet-thanksgiving-post-195019>

<https://people.com/music/who-is-jutes-demi-lovato/>

<https://www.spin.com/featured/demi-lovato-has-risen/>