1. **Happify.com**. This is a free service but can be upgraded for a fee. I tried the upgrade for one year and found it helped me increase my meditation practice, which was a goal I had set that year. If you aren`t into meditation, there is a whole bunch of other things you can do on there—fun games, journaling, challenges. The site reports using evidence-based science on positive psychology and other approaches.

2. **Greater Good Science Center**. This site is dedicated to studying and sharing research on mindfulness and happiness. There are free guided meditations you can access, articles and videos chock-full of info on the best ways to approach life problems.

3. **Positive Psychology Center**. Research center based at the University of Pennsylvania that promotes training, education and dissemination of information on positive psychology (the study of strengths that enable individuals and communities to thrive), resilience and grit.

4. **Mindfulnesss-Based Stress Reduction Course.** Free course adapted from evidence-based course for stress management. Teaches how to change your relationship to your thoughts, emotions and behaviors using simply your breathing and awareness. This stuff really works!

5. **Psychology Tools**. Free site out of the UK that has a ton of handouts on a broad range of psychological approaches. I often use these in session with clients as some require knowledge of the treatment. If you need help using them, contact me at the help line at 877-884-6227.

6. Couples and Parenting Issues:

    a. **The Gottman Institute**. Evidence-based help for couples and parents. The Gottmans conducted years of scientific studies on what makes relationships work and have educated thousands of therapists in these findings (I`m one of them). They have books for couples and parents and self-guided training programs as well. One of their best sellers: "The Art and Science of Love."

    b. **Imago Relationship Therapy**. Harville and Helen LaHunt Hendrix, PhDs, are the developers of Imago Therapy and a couple's dialogue I use with not only couples but with any relationship that needs careful airing and processing. I recommend two books: "Getting the Love You Want" for couples and "Keeping the Love You Find" for singles.

7. Mental Health and Substance Abuse Issues:

    a. **Rethinking Drinking**. Online site (fre hardcopy brochure also available) with valuable research-based information about drinking. How do you know if you have a healthy relationship to alcohol? `It emphasized that drinking is not bad in and of itself; it shows how much you`re doing it and how it`s affecting your life. (quote from the site).

    b. **National Institute of Drug Abuse/NIDA**

    c. **Substance Abuse Treatment Locator**

    d. Suicide Hotline - 1-800-662-4357 (HELP)

    e. Disaster Distress Hotline - 800-985-5990

8. **Intimate Partner Violence National Domestic Violence Hotline**: or phone: 800-799-7233/800-787-3224 TTY

9. **Pain Management Support**: Pain Connection.