MENTAL HEALTH RESOURCES
Find what YOU need.

PORNOGRAPHY
- Online Resources: Freedom Fight App; Ever Accountable App; fightthenewdrug.org; integrityrestored.com
- Books: Conquer Series; Pure Desire: Seven Pillars of Freedom; Unwanted; The Porn Myth; Healing the Wounds of Sexual Addiction; Healing the Wounded Heart
- Community Support: Celebrate Recovery: locator.crgroups.info

ALCOHOL/DRUG USE
- Online Resources: Addicaid App; Twelve Steps App; Nomo App
- Books: In the Realm of Hungry Ghosts
- Community Support: Alcoholics Anonymous: aa.org/find-aa
  Narcotics Anonymous: na.org/meetingsearch
  Celebrate Recovery: locator.crgroups.info

EATING DISORDERS
- Online Resources: nationaleatingdisorders.org; www.edreferral.com;
  nimh.nih.gov/health/topics/eating-disorders; The Food Psych Podcast
- Books: Athletic Women’s Survival Guide; Can’t Buy My Love; Faster Hunger
- Community Support: Liberation Center Support Group (Phoenix);
  A New Beginning Support Group (Scottsdale)

TRAUMA
- Online Resources: adultchildren.org
- Books: Healing from Trauma: A Survivor’s Guide to Understanding Your Symptoms and Reclaiming Your Life; The Body Keeps The Score;
  Adult Children of Emotionally Immature Parents
- Community Support: Strength in Numbers Support Group (Sierra Vista)