

# MENTAL HEALTH RESOURCES

Find what YOU need.

## PORNOGRAPHY

- Online Resources: Freedom Fight App; Ever Accountable App; [fightthenewdrug.org](http://fightthenewdrug.org); [integrityrestored.com](http://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](http://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](http://aa.org/find-aa)  
Narcotics Anonymous: [na.org/meetingsearch](http://na.org/meetingsearch)  
Celebrate Recovery: [locator.crgroups.info](http://locator.crgroups.info)

## EATING DISORDERS

- Online Resources: [nationaleatingdisorders.org](http://nationaleatingdisorders.org); [www.edreferral.com](http://www.edreferral.com); [nimh.nih.gov/health/topics/eating-disorders](http://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](http://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)