

## Social Support

\* HabitWorks does not evaluate nor endorse any of these organizations. Please use your own judgement to evaluate them and their fit for your interests. This is not an exhaustive list and does not include every possible community. If your community is not represented on this resource, please feel free to email us at [cbeard@mclean.harvard.edu](mailto:cbeard@mclean.harvard.edu), and we will help you find additional organizations.

### Black Communities

- BEAM (Black Emotional and Mental Health Collective) offers numerous peer support spaces (<https://beam.community/programs/peer-support-spaces/>)
- Safe Black Space is an organization that offers various services to address people of African ancestry's individual and community reactions to cultural and racial trauma. <https://www.safeblackspace.org/>
- The Anxiety and Depression Association of America (ADAA) has a collection of personal stories about dealing with anxiety and depression: <https://adaa.org/find-help/by-demographics/black-african-american-communities#Finding%20Community%20Support>
- Rest for Resistance hosts virtual meditation sessions online three times a week for LGBTQ2SIA+ people of color. You can join by using the Eventbrite link on this page: <https://restforresistance.com/rest>

### Hispanic/ Latino/a/x Communities

- Compartiendo Esperanza is a three-part video series that explores the journey of mental wellness in Hispanic/Latino communities through dialogue, storytelling, and discussion. <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Compartiendo-Esperanza-Mental-Wellness-in-the-Latinx-Community>
- Get up! Get moving! is the nation's premier annual Hispanic family physical activity and healthy lifestyle event. These events are held all over the country. <https://www.healthyamericas.org/get-up-get-moving>

- Buena Salud Club is a free membership club that promotes healthy lifestyles: <https://www.healthyamericas.org/buena-salud-club>
- The Anxiety and Depression Association of America (ADAA) has a collection of personal stories about dealing with anxiety and depression:
  - o I am a Scientist, but Most Importantly, I am a Human Being
  - o Long Live the King
  - o So OCD
  - o Antonio Liranzo - Mental Health Awareness Month Video
- The LOFT Charlas are local, self-organized discussions led by community leaders across the country. The Charlas were created to inspire and connect leaders from different backgrounds in a supportive family like environment. <https://hispanicheritage.org/loft-charla/>
- Rest for Resistance hosts virtual meditation sessions online three times a week for LGBTQ2SIA+ people of color. You can join by using the Eventbrite link on this page: <https://restforresistance.com/rest>
- The Mighty is a growing community of people with lived experience sharing their honest stories. We help people connect with others around mental health, chronic illness, rare disease, disability, and more. <https://www.themighty.com/>

### **Asian American Communities**

- The Mighty is a growing community of people with lived experience sharing their honest stories. We help people connect with others around mental health, chronic illness, rare disease, disability, and more. <https://www.themighty.com/>
- The Yellow Chair Collective provides virtual support groups for Asian Americans to share their experiences, reflect, and restore power. The cost to participate is \$190.00 for 6 sessions. <https://yellowchaircollective.com/the-asian-american-experience/>

- Asian Mental Health Collective provides community support groups for Asian Americans. To get involved, sign up for the email list:  
<https://www.asianmhc.org/amhc-support-groups/>
- Asian Mental Health Collective provides a “Subtle Asian Mental Health” Facebook Group. Click here to join:  
<https://www.facebook.com/groups/subtleasianmentalhealth/?link=group>
- Asian Pride Project celebrates the journeys, triumphs, and struggles of LGBTQ individuals and our Asian and Pacific Islander families and communities. Checkout the project here: <http://asianprideproject.org/#projects>
- Chinese American Family Alliance for Mental Health provides family support groups. Find out how to call and register here:  
<https://drive.google.com/drive/folders/1cVc7x49FsdFCQcB89zhOnxvrG7th4sY2?usp=sharing>
- National Asian American Pacific Islander Empowerment Network (NAAPIEN) is a group that works to support Asian Americans, Native Hawaiians, and Pacific Islanders (AANHPIs) who have lived experience with mental health issues, either as individuals or as impacted friends or family. Become a member here:  
<https://www.naapimha.org/general-6>
- The Visibility Project seeks to document the personal experiences of the Queer Asian Pacific American women and transgender community by interweaving visual art, personal narratives, and social justice onto an accessible online platform.  
<http://www.visibilityproject.org/>
- Rest for Resistance hosts virtual meditation sessions online three times a week for LGBTQ2SIA+ people of color. You can join by using the Eventbrite link on this page:  
<https://restforresistance.com/rest>

## **Disability Community**

- The Mighty is a growing community of people with lived experience sharing their honest stories. We help people connect with others around mental health, chronic illness, rare disease, disability, and more. <https://www.themighty.com/>
- Beyond My Battle offers virtual support groups for people with illness or disability. To sign up, use this link: <https://www.beyondmybattle.org/support>
- Disability Community Resource Center (DCRC) offers several support groups for people with disabilities. For more information about these support groups and instructions on how to sign up, click here: <https://www.dcrc.co/support-groups/>
- Disabilities-R-Us has chat rooms and community forums you can participate in: <https://disabilities-r-us.com/>
- Disabilities-R-Us also has a list of resources for people with disabilities, which includes a list of support groups for various disabilities <https://disabilities-r-us.com/disability-resources/>
- Gigi's Playhouse provides live and on demand programs that deliver free educational, therapeutic-based and career development programs for individuals with Down syndrome. Create an account to get involved. <https://gigisplayhouse.org/gigisathome/mygigislogin/>
- Volunteers of America operates housing and supportive living programs for people with disabilities. You can use this link to find out if your local office offers disability services: <https://www.vo.org/people-with-disabilities>
- Independent Living Research Utilization (ILRU) has a directory for Centers of Independent Living. Use this link to find one in your area: <https://www.ilru.org/projects/cil-net/cil-center-and-association-directory>

- Different & Able - Community provides groups and an online forum to discuss a variety of topics including but not limited to mental health. To participate, you will need to create an account: <https://community.differentandable.org/register/>
- Different & Able – Stories has a collection of personal stories about living with a disability and the difficulties one faces: <https://differentandable.org/stories>

## **LGBTQ+ Communities**

- My Own Hero's Journey, T.J. Bradley, a personal story
- PFLAG provides support to families and allies who are in need, through peer-to-peer meetings, online outreach, and telephone hotlines. For peer-to-peer support services in your community, contact one of the more than 400 PFLAG chapters across the United States today: <https://pflag.org/find-a-chapter>
- The Tribe offers several support groups for the LGBTQ community. Click here to join: <https://support.therapytribe.com/register/>
- The Loft, based in White Plains, NY, provides in person and virtual events and support groups. Click here to join an event or support group: [https://www.loftgaycenter.org/announcing\\_virtual\\_support\\_groups](https://www.loftgaycenter.org/announcing_virtual_support_groups)
- The Mighty is a growing community of people with lived experience sharing their honest stories. We help people connect with others around mental health, chronic illness, rare disease, disability, and more. <https://www.themighty.com/>
- MensGroup offers a virtual support group for LGBTQ+ men. Click here to join: <https://community.mensgroup.com/>

- Rest for Resistance hosts virtual meditation sessions online three times a week for LGBTQ2SIA+ people of color. You can join by using the Eventbrite link on this page: <https://restforresistance.com/rest>
- Center Link is a community of LGBT Centers. Use this link to find centers near you: <https://www.lgbtcenters.org/LGBTCenters>
- LGBT National Help Center provides online peer chat rooms. More information can be found here: <https://www.lgbthotline.org/peer-chat.html>
- Asian Pride Project celebrates the journeys, triumphs, and struggles of LGBTQ individuals and our Asian and Pacific Islander families and communities. Checkout the project here: <http://asianprideproject.org/#projects>
- The Visibility Project seeks to document the personal experiences of the Queer Asian Pacific American women and transgender community by interweaving visual art, personal narratives, and social justice onto an accessible online platform. <http://www.visibilityproject.org/>
- On Queerness and Mental Health, Amy Gruen, a personal story
- This Is What It's Like to Go to Work as a Queer Person with Mental Illness, Hannah Rimm

\*This document is not exhaustive. If you know of a resource or organization that you think should be added to this list, please email us at [cbeard@mclean.harvard.edu](mailto:cbeard@mclean.harvard.edu)