

12 Step Recovery

Emotions Anonymous WWW.EmotionsAnonymous.Org

Alcoholics Anonymous AA.Org

Narcotics Anonymous NA.Org

Mental Health Support/Resources for Music Industry Workers: <https://backline.care/>

Narcissistic Abuse and Recovery

Melanie Tonia Evans:

<https://www.youtube.com/user/MelanieToniaEvans/playlists>

AND

Lisa Romano

www.youtube.com/user/lisaaromano1

[WWW.Mental Health America.Net](http://WWW.MentalHealthAmerica.Net)-- Mental Health Resources

Self-Compassion:

Kristin Neff

WWW.Self-Compassion.org

Tara Brach

WWW.TaraBrach.Com

Mental Financial Assistance For Single Mothers

Free assistance with finding grants and government assistance programs!

WWW.FinancialAssistanceForSingleMothers.Com