

EMOTIONAL SUPPORT RESOURCE GUIDE

Understanding, acknowledging and working through your feelings during and after divorce can significantly improve how you feel about yourself, your relationships and your future. If you are struggling right now, seeking help is the strongest and most positive step you can take in beginning the healing process. You do not have to go this alone. Use this resource guide to find supportive articles, groups and licensed therapists.

FINDING A LICENSED THERAPIST

LICENSED MARRIAGE AND FAMILY THERAPIST (LMFT)

An LMFT, sometimes shortened to MFT, is a mental health professional trained in psychotherapy and family systems, and licensed to diagnose and treat mental and emotional disorders with context of marriage, couples and family systems.

NATIONAL BOARD FOR CERTIFIED COUNSELORS

The National Board for Certified Counselors, Inc. and Affiliates (NBCC) is a not-for-profit, independent certification organization established in 1982. NBCC's original and primary purposes are to establish and monitor a national certification system, to identify those counselors who have voluntarily sought and obtained certification, and to maintain a register of those counselors. As NBCC has grown, it and its divisions and affiliates have taken on additional responsibilities to advance the counseling profession and enhance mental health worldwide.

Learn more about finding a certified counselor in your area at <https://www.nbcc.org/search/counselorfind>.

ONLINE RESOURCES

DIVORCECARE

Find help and healing for the hurt of separation and divorce.

DivorceCare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. Don't go through separation or divorce alone.

Learn More about DivorceCare at www.divorcecare.org.

MENTALHELP.NET

Emotional Coping and Divorce by Mark Dombek, Ph.D.

This article addresses practical ways that divorcing people can cope with and make the best of their stressful circumstances.

www.mentalhelp.net/articles/emotional-coping-and-divorce

HELPGUIDE.ORG

Coping with a Breakup or Divorce: Moving on After a Relationship Ends

“It’s never easy when a marriage or significant relationship ends. Whatever the reason for the split—and whether you wanted it or not—the breakup of a relationship can turn your whole world upside down and trigger all sorts of painful and unsettling feelings. But there are plenty of things you can do to get through this difficult time and move on. You can even learn from the experience and grow into a stronger, wiser person.”

Continue reading at www.helpguide.org/articles/family-divorce/coping-with-a-breakup-or-divorce.htm.

WOMAN'S DIVORCE

Helping you overcome the challenges of divorce

Divorce Advice and Help for Women

If you’re looking for information that discusses divorce issues from a woman’s point of view, you’ve come to the right place. Whether you’re just thinking about splitting up, are currently dealing with the legal end of it, or are newly single, you’ll find the support you need.

This is a great website that offers helpful articles, like Emotions and Divorce, divorce tools, co-parenting, and even tips for starting over again!

Learn More about Woman’s Divorce at womansdivorce.com.

MENTAL HEALTH AMERICA

Coping with Separation and Divorce

“Going through a separation or divorce can be very difficult, no matter the reason for it. It can turn your world upside down and make it hard to get through the work day and stay productive. But there are things you can do to get through this difficult adjustment.”

Continue reading at <http://www.mentalhealthamerica.net/coping-separation-and-divorce>.

DIVORCEDMOMS.COM

This website features a host of blog articles, forums, support and continued learning.

Learn More about <https://Divorcedmoms.com>.

GOODTHERAPY.ORG

GoodTherapy.org unites therapists and the general public by disseminating mental health news and information, challenging mental health stigma, and promoting ethical therapy. You can find a therapist in your area and a lot of great information regarding therapy at www.goodtherapy.org/find-therapist.html.

DIVORCEANCHILDREN.COM

Parenting Apart: Helping Separated and Divorced Parents Raise Happy and Secure Kids

This website offers a host of great resources including books, articles and programs to help you help your children through the divorce process.

Learn more at <https://divorceandchildren.com>.

SESAMESTREET.ORG

Little children, big challenges: Divorce

You'll find tools to help your child or children through the divorce. If you have small children, this is a website you'll want to bookmark.

Learn more at www.sesamestreet.org/toolkits/divorce.

SUPPORT GROUPS

DIVORCEDMOMS.COM ON FACEBOOK

A friendly community of moms who understand divorce providing encouragement, inspiration, resources and expert advice.

Learn More about Divorcedmoms.com on Facebook at facebook.com/divorcedmoms.com.

DIVORCECARE GROUP MEETINGS

There are thousands of DivorceCare groups meeting weekly at locations around the world. There's probably one near you! The DivorceCare program is designed so that you can join the group at any time. You will be welcomed and encouraged.

Learn more at www.divorcecare.org/findagroup.

ONLINE.SUPPORTGROUPS.COM

You'll find a variety of online support groups on this website.

Learn more at <https://online.supportgroups.com>.

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