
Global Directory of Metabolic, Mental Health & Neurodiversity Resources

A curated directory of medical professionals, neurodiversity specialists, support communities, activity groups, healing resources and a self-help library of proven books, courses, apps and tools to help you on your journey toward optimal health.

467

CURATED LISTINGS

11

MAJOR SECTIONS

76

CATEGORIES

LATEST EDITION

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LINKS LAST CHECKED: OCTOBER 2026

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01

Medical Professional Directories

FIND YOUR PRACTITIONER

Medical Professional Directories

Finding a qualified medical professional is the crucial first step in implementing metabolic therapies or safely tapering medications. The following directories connect patients with practitioners trained in these specialized approaches worldwide.

Metabolic Therapy & Ketogenic Diet Practitioners

■ Society of Metabolic Health Practitioners (SMHP)

<https://thesmhp.org/directory/>

WHAT IT DOES

Maintains a global database of over 2,300 practitioners who embrace therapeutic carbohydrate reduction and metabolic therapies.

WHO IT HELPS

Individuals seeking doctors, dietitians, and coaches trained in low-carb and ketogenic interventions for metabolic and chronic diseases.

Free to search; practitioner fees vary (\$150–\$500+ per consultation).

■ Metabolic Mind Provider Directory

<https://www.metabolicmind.org/for-clinicians/providers/>

WHAT IT DOES

Connects patients with clinicians and clinics specializing in metabolic psychiatry and ketogenic therapy for mental health.

WHO IT HELPS

Individuals with bipolar disorder, schizophrenia, severe depression, and other psychiatric conditions seeking metabolic interventions.

Free directory; clinical services vary by provider.

■ Diet Doctor Low-Carb Directory

<https://www.dietdoctor.com/low-carb/doctors>

WHAT IT DOES

Provides a global, searchable map of doctors, dietitians, and health coaches supporting low-carb and ketogenic lifestyles.

WHO IT HELPS

Anyone looking for a local or telehealth provider knowledgeable about carbohydrate restriction for weight loss, diabetes reversal, and general health.

Free to search; provider costs vary.

■ Nutrition Network Practitioner Directory

<https://nutrition-network.org/find-a-practitioner/>

WHAT IT DOES

An international directory of healthcare professionals certified in Low Carb High Fat (LCHF) and ketogenic dietary therapies.

WHO IT HELPS

Patients seeking evidence-based nutritional guidance from certified medical professionals and coaches.

Free directory; consultation fees depend on location.

■ Low-Carb Practitioners Directory

<https://lowcarbpractitioners.com/directory/>

WHAT IT DOES

Global directory of healthcare practitioners supporting low-carb approaches. Search by location, specialty, or type.

WHO IT HELPS

Patients looking for dietitians, nutritionists, and doctors to help reverse diabetes and obesity.

Free directory; provider fees vary.

■ Ketogenic Diets for Mental Health Clinician Directory

<https://www.diagnosisdiet.com/directory>

WHAT IT DOES

Directory of clinicians offering ketogenic metabolic therapies for mental health conditions.

WHO IT HELPS

Individuals seeking ketogenic metabolic therapies for mental health conditions such as depression, bipolar disorder, and anxiety.

Free directory; provider fees vary.

Functional & Integrative Medicine

■ Institute for Functional Medicine (IFM)

<https://www.ifm.org/find-a-practitioner>

WHAT IT DOES

The largest functional medicine referral network globally, with over 3,100 active listings in 74 countries.

WHO IT HELPS

Patients seeking root-cause resolution for chronic illnesses, autoimmune diseases, and complex health issues.

Free to search. Consultations typically \$350–\$950 initial, \$150–\$350 follow-up.

■ American Association of Naturopathic Physicians (AANP)

<https://naturopathic.org/search/custom.asp?id=5613>

WHAT IT DOES

Directory of licensed naturopathic doctors who have graduated from accredited naturopathic medical schools.

WHO IT HELPS

Individuals seeking holistic, natural, and integrative approaches to chronic disease management.

Free directory; visits generally \$150–\$400+ per session.

■ Parsley Health

<https://www.parsleyhealth.com/>

WHAT IT DOES

Telehealth platform offering functional medicine doctors for advanced lab testing and holistic healthcare.

WHO IT HELPS

Patients seeking root-cause medicine via telehealth.

Membership-based (~\$175/month).

■ Vytal Health

<https://vytalhealth.com/>

WHAT IT DOES

Integrative and functional medicine telehealth delivery.

WHO IT HELPS

Patients seeking root cause medicine from the comfort of their home.

Monthly payment plans available.

■ IntegrativeMD

<https://integrativemd.net/>

WHAT IT DOES

Innovative approach to integrative and functional medicine offering telehealth across multiple states.

WHO IT HELPS

Patients seeking personalized integrative care.

Consultation fees apply.

Neurodegenerative Disease Specialists

■ Apollo Health ReCODE Practitioner Locator

<https://www.apollohealthco.com/practitioner-locator/>

WHAT IT DOES

Helps patients find professionals trained in the Bredesen Protocol (ReCODE/PreCODE) for cognitive health and Alzheimer's prevention.

WHO IT HELPS

Individuals experiencing cognitive decline, early Alzheimer's disease, or those seeking preventative brain health care.

Free directory; ReCODE programs can cost several thousand dollars annually.

■ Wahls Protocol Practitioner Directory

<https://terrywahls.com/healthprofessionaldirectory/>

WHAT IT DOES

A global network of health professionals certified in Dr. Terry Wahls' therapeutic diet protocol.

WHO IT HELPS

Patients with multiple sclerosis (MS), autoimmune diseases, and neurologic conditions.

Free directory; practitioner fees vary.

■ International Neurological Ketogenic Society

<https://neuroketo.org/>

WHAT IT DOES

Professional society promoting research, education, and clinical practice of ketogenic diet therapies for neurological disorders including epilepsy and Parkinson's.

WHO IT HELPS

Researchers, clinicians, and families seeking evidence-based information on ketogenic dietary interventions for neurological conditions.

Free resources; clinical care costs vary.

International Medical Directories

■ Canadian Association of Naturopathic Doctors (CAND)

<https://cand.ca/directory/>

WHAT IT DOES

National directory representing regulated naturopathic doctors across Canada.

WHO IT HELPS

Canadians seeking licensed naturopathic and integrative medical care.

Free directory; fees vary by province.

■ National Institute of Integrative Medicine (NIIM)

<https://www.niim.com.au/>

WHAT IT DOES

Australia's leading integrative medicine institute providing clinical services, education, and research. Patients can book appointments with in-house integrative medicine practitioners.

WHO IT HELPS

Patients in Australia seeking evidence-based integrative medical care.

Free directory; consultation fees vary.

■ Australian Natural Therapists Association (ANTA)

<https://www.australiannaturaltherapistsassociation.com.au/>

WHAT IT DOES

Professional association representing recognized natural health practitioners across Australia, with a public find-a-practitioner search.

WHO IT HELPS

Australians seeking accredited natural therapy practitioners.

Free to search; consultation fees vary.

■ BANT Practitioner Search (UK & Worldwide)

<https://practitioner-search.bant.org.uk/>

WHAT IT DOES

Directory of registered nutritional therapists with the British Association for Nutrition and Lifestyle Medicine.

WHO IT HELPS

Individuals in the UK and globally seeking personalized nutritional therapy.

Free directory; consultation fees vary.

■ European Lifestyle Medicine Organization (ELMO)

<https://www.eulm.org/>

WHAT IT DOES

Provides leadership in research, prevention and treatment of lifestyle-related diseases across Europe.

WHO IT HELPS

Healthcare professionals, researchers, and patients interested in lifestyle medicine education, certification, and evidence-based practice across Europe.

Free resources; certification fees apply.

FMT & Microbiome Therapy

■ EnvaBiome FMT Clinics Worldwide

<https://envabiome.com/patient-guides/fmt-clinics-worldwide>

WHAT IT DOES

A directory of FMT clinics across Europe, Asia, and Australia (no listings yet for the Americas or Africa), with details on where FMT is offered and how clinical applications vary by region.

WHO IT HELPS

Patients in Europe, Asia, or Australia looking for a nearby FMT clinic. Note: produced by EnvaBiome, which lists its own clinic first — treat as a vendor resource.

Free directory.

■ AGA FMT National Registry

<https://gastro.org/research-and-awards/registries-and-studies/fecal-microbiota-transplantation-national-registry>

WHAT IT DOES

Prospective registry targeting enrollment of 4,000+ patients across 75+ North American sites to assess short- and long-term outcomes of FMT and other microbial therapies.

WHO IT HELPS

Researchers, clinicians, and patients contributing to the evidence base for FMT safety and efficacy.

Free to participate through clinical sites.

02

Counselors, Psychologists & Therapists

MENTAL HEALTH SUPPORT

Counselors, Psychologists & Therapists

Mental health support is a critical component of healing from chronic illness, trauma, and navigating complex life transitions. These directories help you find qualified mental health professionals worldwide.

Global & Regional Therapist Directories

■ Psychology Today International Directory

<https://www.psychologytoday.com/country-selector>

WHAT IT DOES

The world's largest portal to psychotherapy; includes hundreds of thousands of professionals.

WHO IT HELPS

Anyone seeking a therapist, psychologist, or psychiatrist in North America, Europe, select Asian countries, and Oceania.

Free directory; sessions typically \$100–\$250+.

■ Psychology Today Canada

<https://www.psychologytoday.com/ca/therapists>

WHAT IT DOES

Extensive directory of therapists, psychologists, and counsellors across Canada.

WHO IT HELPS

Canadians seeking mental health professionals.

Free directory; therapy fees vary (\$100–\$250+ CAD/session).

■ It's Complicated (Europe)

<https://complicated.life/>

WHAT IT DOES

Directory of private therapists and counsellors across Europe and worldwide. Sessions available in 60+ languages.

WHO IT HELPS

Anyone in Europe seeking therapy, including expats and multilingual individuals.

Free directory; therapy sessions typically €60–€150/session.

■ European Association for Psychotherapy

<https://www.europsyche.org/>

WHAT IT DOES

Pan-European professional body for psychotherapy with a directory of qualified psychotherapists across Europe.

WHO IT HELPS

Europeans seeking accredited psychotherapists.

Free directory; therapy costs vary by country.

■ Canadian Mental Health Association

<https://cmha.ca/>

WHAT IT DOES

Nationwide organization with 330 community locations providing mental health programs, recovery colleges, and support services.

WHO IT HELPS

All Canadians seeking mental health support, education, and community programs.

Free programs and services.

■ **Psychology Today Hong Kong & Singapore**

<https://www.psychologytoday.com/hk> · <https://www.psychologytoday.com/sg>

WHAT IT DOES

Extensive directory of therapists, psychologists, and counsellors in Hong Kong and Singapore.

WHO IT HELPS

Individuals in Hong Kong, Singapore, and other Asian hubs seeking mental health professionals.

Free directory; therapy fees vary.

■ **Singapore Association for Counselling (SAC)**

<https://sacsingapore.org/>

WHAT IT DOES

The professional body for counsellors and psychotherapists in Singapore with a public registry.

WHO IT HELPS

Individuals in Singapore seeking registered, qualified counsellors.

Free directory.

■ **Intellect (Asia Pacific)**

<https://intellect.co/>

WHAT IT DOES

Workplace mental health platform providing therapy, coaching, and crisis helplines for employees through their organizations (EAP provider).

WHO IT HELPS

Employees in Asia and globally whose organizations subscribe to the Intellect platform for mental health support.

Employer-sponsored; not available for individual sign-up.

■ **International Therapist Directory**

<https://internationaltherapistdirectory.com/>

WHAT IT DOES

A resource listing over 600 professional counselors and therapists in over 60 countries.

WHO IT HELPS

Expatriates, international students, and global citizens seeking culturally sensitive therapy.

Free directory; therapy fees vary.

■ **GoodTherapy**

<https://www.goodtherapy.org/>

WHAT IT DOES

An association of mental health professionals from more than 30 countries worldwide.

WHO IT HELPS

Individuals seeking ethical, healthy psychotherapy.

Free directory; therapy fees vary.

Specialized Therapy for Chronic Illness & Trauma

■ The Chronic Illness Therapist

<https://www.thechronicillnesstherapist.com/directory>

WHAT IT DOES

A specialized directory connecting patients with therapists who understand chronic, complex medical issues.

WHO IT HELPS

Individuals living with chronic illness, autoimmune disease, and chronic pain.

Free directory; therapy fees vary.

■ Somatic Experiencing International (SEI)

<https://portal.traumahealing.org/s/find-a-practitioner>

WHAT IT DOES

Find Somatic Experiencing trained practitioners to help resolve unresolved trauma and strengthen resiliency.

WHO IT HELPS

Individuals seeking body-oriented therapy for trauma, PTSD, and chronic stress.

Free directory; therapy fees vary.

■ Association for Contextual Behavioral Science (ACBS)

https://contextualscience.org/practitioner_directory

WHAT IT DOES

Find therapists trained in Acceptance and Commitment Therapy (ACT), a transdiagnostic, evidence-based approach used for anxiety, depression, chronic pain, and stress.

WHO IT HELPS

Individuals seeking ACT therapy for chronic pain, illness, and psychological flexibility.

Free directory; therapy fees vary.

■ Prana Foundation Polyvagal Informed Preferred Provider Directory

<https://www.pranafound.com/polyvagal-directory>

WHAT IT DOES

A directory of Polyvagal Informed chiropractors and other providers across the globe.

WHO IT HELPS

Individuals seeking nervous system regulation and trauma-informed care.

Free directory; chiropractic/provider fees vary.

■ EMDRAA Therapist Finder

<https://emdraa.org/find-an-emdraa-therapist/>

WHAT IT DOES

Find EMDRAA-trained therapists across Australia offering EMDR therapy for trauma and mental health.

WHO IT HELPS

Individuals in Australia seeking trauma therapy and Eye Movement Desensitization and Reprocessing.

Free directory; sessions typically AUD \$200-\$300+.

■ International Society for Traumatic Stress Studies (ISTSS)

<https://istss.org/portal/find-a-trauma-specialist/>

WHAT IT DOES

Provides a Trauma Specialist Directory to search for mental health professionals specializing in traumatic stress worldwide.

WHO IT HELPS

Individuals seeking evidence-based treatment for PTSD and complex trauma.

Free directory; therapy fees vary.

Accessible & Inclusive Therapy

■ Open Path Psychotherapy Collective

<https://openpathcollective.org/>

WHAT IT DOES

A non-profit network of mental health professionals providing care at steeply reduced rates.

WHO IT HELPS

Individuals and families who lack health insurance or cannot afford market rates.

One-time \$65 membership; sessions \$40–\$70 (individual), \$40–\$80 (couples/family).

■ Inclusive Therapists

<https://www.inclusivetherapists.com/>

WHAT IT DOES

A directory of verified mental health providers centering BIPOC, LGBTQ+, and marginalized identities.

WHO IT HELPS

Individuals seeking culturally responsive, affirming care.

Free directory; therapy fees vary.

03

Support Groups & Communities

CONNECT WITH OTHERS

Support Groups & Communities

Healing is rarely a solitary endeavor. Connecting with others who understand the challenges of chronic illness and medication tapering can provide essential emotional support and practical advice.

Medication Tapering & Deprescribing Directories

■ Deprescribing.org

<https://deprescribing.org/>

WHAT IT DOES

Evidence-based resources and tools for safely reducing or stopping medications, including deprescribing algorithms. Developed by Canadian academic researchers (the Bruyère Research Institute in Ottawa, with the University of Toronto and UBC).

WHO IT HELPS

Patients and clinicians seeking structured deprescribing guidance, especially for polypharmacy.

Free resources.

■ Canadian Deprescribing Network (CaDeN)

<https://www.deprescribingnetwork.ca/>

WHAT IT DOES

National network promoting safe and appropriate medication use, providing resources for reducing unnecessary medications.

WHO IT HELPS

Canadians seeking guidance on safe medication reduction.

Free resources.

■ Tapering Strip (Netherlands)

<https://www.taperingstrip.com/>

WHAT IT DOES

Provides personalized tapering strips for gradual dose reduction of psychiatric medications using hyperbolic tapering.

WHO IT HELPS

Patients in Europe seeking precision medication tapering tools.

Varies by medication; requires prescription.

■ Outro Health

<https://www.outro.com/>

WHAT IT DOES

Pairs patients with clinicians to build evidence-based plans to safely reduce antidepressant medications.

WHO IT HELPS

Individuals looking to safely taper off SSRIs and other antidepressants using hyperbolic tapering.

Subscription-based telehealth service.

■ Inner Compass Initiative

<https://www.theinnercompass.org/>

WHAT IT DOES

Provides education and resources for making informed decisions about psychiatric medications, including a comprehensive tapering guide.

WHO IT HELPS

Anyone considering tapering psychiatric medications who wants to be fully informed.

Free resources; companion guide available for purchase.

■ Surviving Antidepressants

<https://www.survivingantidepressants.org/>

WHAT IT DOES

An international, peer-led information and withdrawal support forum, now archived in read-only mode. Contains extensive historical tapering guidance and community discussions.

WHO IT HELPS

People experiencing withdrawal symptoms or seeking guidance on slowly tapering psychiatric medications. Note: the forum is no longer accepting new posts.

Free.

■ Benzodiazepine Information Coalition

<https://www.benzoinfo.com/>

WHAT IT DOES

Provides resources, financial assistance information, and directories for benzodiazepine tapering.

WHO IT HELPS

Individuals suffering from benzodiazepine physical dependence and protracted withdrawal.

Free resources.

■ LEAP for Prescribed Drug Dependence

<https://leap4pdd.org/>

WHAT IT DOES

UK-based panel of people with lived experience advocating for better withdrawal support services.

WHO IT HELPS

UK residents experiencing prescribed drug dependence and withdrawal.

Free resources and advocacy.

■ Beyond Pills Alliance (UK)

<https://beyondpillsalliance.org/>

WHAT IT DOES

UK campaign to move healthcare beyond over-reliance on pills by combining social prescribing and safe deprescribing.

WHO IT HELPS

UK patients and practitioners seeking alternatives to long-term medication.

Free resources.

▪ Mind UK - Coming Off Medication

<https://www.mind.org.uk/information-support/drugs-and-treatments/medication-coming-off/support-services/>

WHAT IT DOES

Comprehensive guidance on safely coming off psychiatric medication, including where to find support services.

WHO IT HELPS

UK residents considering reducing or stopping psychiatric medication.

Free.

Autoimmune & Chronic Illness Communities

▪ PatientsLikeMe

<https://www.patientslikeme.com/>

WHAT IT DOES

The world's largest personalized health network for tracking health, finding treatments, and connecting with others.

WHO IT HELPS

Anyone with a chronic, complex, or rare condition.

Free to join.

▪ HealthUnlocked

<https://healthunlocked.com/>

WHAT IT DOES

A massive social network for health with hundreds of condition-specific communities.

WHO IT HELPS

Patients seeking peer support, answers, and shared experiences.

Free to join.

▪ Autoimmune Association Support Groups

<https://autoimmune.org/resource-center/patient-support/support-groups/>

WHAT IT DOES

Connects patients with virtual support communities and provides a toolkit to start local support groups for autoimmune disease.

WHO IT HELPS

Individuals with Lupus, Rheumatoid Arthritis, Hashimoto's, and other autoimmune conditions.

Free.

▪ The Mighty

<https://themighty.com/>

WHAT IT DOES

A free online health community with over 3.5 million members connecting people with chronic illnesses.

WHO IT HELPS

Individuals seeking a safe space to share stories and find support.

Free app and community.

▪ Chronically Capable

<https://wearecapable.org/>

WHAT IT DOES

Connects people with chronic illness with employers offering remote, flexible work. Currently on hiatus as of 2025.

WHO IT HELPS

Chronically ill individuals seeking accommodating employment.

Free for job seekers.

Condition-Specific Support

▪ MyFibroTeam

<https://www.myfibroteam.com/>

WHAT IT DOES

The social network for those living with fibromyalgia.

WHO IT HELPS

Individuals diagnosed with fibromyalgia.

Free.

▪ Solve ME/CFS Initiative

<https://solvecfs.org/>

WHAT IT DOES

Non-profit focused on ME/CFS and Long Covid research, advocacy, and support.

WHO IT HELPS

Patients suffering from ME/CFS and post-infection diseases.

Free resources.

▪ The Ehlers Danlos Society

<https://www.ehlers-danlos.com/support/>

WHAT IT DOES

Provides trusted information about Ehlers-Danlos syndromes (EDS) and hypermobility spectrum disorders.

WHO IT HELPS

Individuals with Ehlers-Danlos syndromes (EDS) and hypermobility spectrum disorders (HSD).

Free resources, support directories, and online community.

▪ Crohn's & Colitis Foundation

<https://www.crohnscolitisfoundation.org/find-a-support-group>

WHAT IT DOES

Provides a safe place for patients and caregivers living with IBD. Support groups are US-based.

WHO IT HELPS

Individuals with Crohn's disease or ulcerative colitis.

Free.

■ PCOS Challenge

<https://pcoschallenge.org/>

WHAT IT DOES

The largest nonprofit support and advocacy organization globally for polycystic ovary syndrome.

WHO IT HELPS

Individuals with or suspected of having PCOS.

Free resources; some events and programs are paid.

■ Dysautonomia International

<https://www.dysautonomiainternational.org/page.php?ID=24>

WHAT IT DOES

Provides research funding, advocacy, education, and local and virtual support groups for autonomic nervous system disorders like POTS.

WHO IT HELPS

Patients with POTS and other forms of dysautonomia.

Free.

■ Global Lyme Alliance

<https://www.globallymealliance.org/lyme-patient-support/>

WHAT IT DOES

Peer-to-peer mentor programs, support groups, a provider search, and financial assistance for Lyme disease.

WHO IT HELPS

Individuals living with Lyme and tick-borne diseases, and their caregivers and families.

Free.

■ Graves' Disease and Thyroid Foundation

<https://gdatf.org/>

WHAT IT DOES

Empowers patients living with Graves' Disease and Thyroid Eye Disease.

WHO IT HELPS

Patients with Graves' disease, hyperthyroidism, Thyroid Eye Disease, Hashimoto's thyroiditis, and thyroid nodules, along with their caregivers and families.

Free resources.

■ National Headache Foundation

<https://headaches.org/>

WHAT IT DOES

Trusted resources, a provider finder, and financial and patient assistance for headache and migraine sufferers.

WHO IT HELPS

Individuals suffering from migraines and headaches.

Free resources.

Neurodegenerative Disease Support

■ Dementia Alliance International (DAI)

<https://dementiaallianceinternational.org/>

WHAT IT DOES

A non-profit of, by and for people living with dementia, offering online peer-to-peer support globally.

WHO IT HELPS

Individuals diagnosed with any form of dementia or mild cognitive impairment (MCI).

Free.

■ Alzheimer's Disease International (ADI)

<https://www.alzint.org/>

WHAT IT DOES

The worldwide federation of Alzheimer associations in over 100 countries.

WHO IT HELPS

Patients and families seeking local Alzheimer's associations worldwide.

Free resources.

■ Lewy Body Dementia Association (LBDA)

<https://lbda.org/>

WHAT IT DOES

Supports those affected by Lewy body dementia through awareness, research, education, and support groups (many virtual).

WHO IT HELPS

Patients and care partners dealing with Lewy body dementia (core services are US-only).

Free resources and support line.

■ Parkinson's Europe

<https://parkinsonseurope.org/>

WHAT IT DOES

The only European Parkinson's umbrella organization championing the European Parkinson's community.

WHO IT HELPS

Patients, families, healthcare professionals, and researchers seeking Parkinson's resources (Europe-only scope).

Free resources.

■ The Michael J. Fox Foundation

<https://www.michaeljfox.org/>

WHAT IT DOES

Dedicated to finding a cure for Parkinson's through funded research and improved therapies.

WHO IT HELPS

Patients seeking clinical trials, education, and community support.

Free resources.

Mental Health & Addiction Recovery

■ NAMI Peer-to-Peer

<https://www.nami.org/programs/nami-peer-to-peer/>

WHAT IT DOES

A free, eight-session educational program for adults with mental health conditions, led by peers.

WHO IT HELPS

Adults in the United States looking to better understand their mental health and recovery journey.

Free.

■ SMART Recovery

<https://smartrecovery.org/>

WHAT IT DOES

The leading evidence-informed addiction recovery program offering free mutual support meetings, including SMART Recovery Family & Friends, for addictions and other problem behaviors.

WHO IT HELPS

Individuals seeking a science-based alternative to traditional 12-step programs.

Free (donations accepted).

■ LifeRing Secular Recovery

<https://lifering.org/>

WHAT IT DOES

An abstinence-based, worldwide network of individuals seeking to live in recovery from addiction to alcohol or other substance use.

WHO IT HELPS

Individuals seeking a secular, self-empowered alternative to 12-step programs.

Free (donations accepted).

■ Recovery Dharma

<https://recoverydharma.org/>

WHAT IT DOES

A peer-led movement and community that is unified by trust in the potential of Buddhist practices to heal the suffering of addiction.

WHO IT HELPS

Individuals seeking a Buddhist-inspired approach to addiction recovery.

Free (donations accepted).

■ The Phoenix

<https://thephoenix.org/>

WHAT IT DOES

A free, sober active community that uses group activities like CrossFit, rock climbing, and yoga to help people dealing with addiction find strength. Operates primarily in the United States.

WHO IT HELPS

Individuals in recovery seeking physical activity and a supportive sober community.

Free (requires 48 hours of continuous sobriety).

■ Open Dialogue World

<https://www.dialogoaperto.com/CentersList>

WHAT IT DOES

Directory of centers offering Open Dialogue mental health services.

WHO IT HELPS

Individuals seeking alternative, community-based mental health care.

Varies by center.

Trauma & Abuse Survivor Support

■ CPTSD Foundation

<https://cptsdfoundation.org/>

WHAT IT DOES

Provides daily recovery support, peer chat groups, and trauma-informed yoga for adult survivors of complex trauma.

WHO IT HELPS

Individuals suffering from Complex PTSD and developmental trauma.

Some free resources; Daily Recovery Support is \$69.99/month. Note: peer support, not therapy.

■ Out of the Storm

<https://www.outofthestorm.website/>

WHAT IT DOES

A free and anonymous community of English-speaking adults suffering from the symptoms of Complex PTSD.

WHO IT HELPS

Adult survivors of repeated/prolonged trauma seeking peer support.

Free.

■ RAINN (National Sexual Assault Hotline)

<https://rainn.org/>

WHAT IT DOES

The largest anti-sexual violence organization in the U.S., operating the National Sexual Assault Hotline (800-656-HOPE; text HOPE to 64673) and online chat in English and Spanish (en Español).

WHO IT HELPS

Survivors of sexual assault in the United States and their loved ones.

Free, confidential, 24/7 support.

■ After Silence

<https://www.aftersilence.org/>

WHAT IT DOES

A message board, support forum, and chat room for rape, sexual assault, and sexual abuse survivors.

WHO IT HELPS

Survivors seeking a safe, moderated online community.

Free.

■ **National Domestic Violence Hotline**

<https://www.thehotline.org/>

WHAT IT DOES

Provides essential tools and support (call, chat, or text START to 88788) to help survivors of domestic violence in the U.S. live their lives free of abuse.

WHO IT HELPS

Anyone in the United States affected by domestic violence or intimate partner abuse.

Free, confidential, 24/7 support.

■ **1800RESPECT (Australia)**

<https://1800respect.org.au/>

WHAT IT DOES

Australia's national domestic, family and sexual violence counselling, information and support service.

WHO IT HELPS

Australians experiencing or at risk of domestic, family, or sexual violence.

Free, confidential, 24/7 support.

■ **Women's Aid (UK)**

<https://womensaid.org.uk/>

WHAT IT DOES

The national charity working to end domestic abuse against women and children in the UK.

WHO IT HELPS

Women and children experiencing domestic abuse in the UK.

Free support services.

04

Activity & Wellness Groups

MOVE YOUR BODY, HEAL YOUR MIND

Activity & Wellness Groups

Physical activity, fasting, and mindfulness are powerful metabolic interventions. These groups provide structured, supportive environments for implementing these healing practices.

Walking & Hiking Communities

■ Walk With A Doc

<https://walkwithadoc.org/>

WHAT IT DOES

Free community walks led by healthcare professionals, starting with a brief health discussion.

WHO IT HELPS

Anyone looking to improve their health through walking and connect with local doctors.

Free.

■ parkrun

<https://www.parkrun.com/>

WHAT IT DOES

Free, weekly, community events all around the world (5k on Saturday mornings, plus junior parkrun 2k on Sundays for ages 4–14). Walkers are actively welcomed.

WHO IT HELPS

People of all ages and abilities looking for a supportive community to walk or run with.

Free.

■ European Hiking Federation (ERA)

<https://www.era-ewv-ferp.org/>

WHAT IT DOES

Pan-European organization promoting walking, hiking, and trail access across Europe. Coordinates the network of European Long Distance Paths (E-paths).

WHO IT HELPS

Europeans seeking organized walking routes and hiking communities.

Free resources; membership through national organizations.

■ Ramblers Wellbeing Walks (UK)

<https://www.ramblers.org.uk/go-walking/wellbeing-walks>

WHAT IT DOES

Britain's walking charity offering short, free group walks specifically designed for health and wellbeing.

WHO IT HELPS

UK residents seeking gentle, social walking groups for physical and mental health.

Free walks; membership optional (£45.00/year).

■ Heart Foundation Walking (Australia)

<https://www.heartfoundationwalking.org.au/>

WHAT IT DOES

Australia's largest free walking network with thousands of local groups across the country.

WHO IT HELPS

Australians looking for safe, social walking groups to improve cardiovascular and mental health.

Free.

■ Arthritis Foundation Walk With Ease

<https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease>

WHAT IT DOES

A structured walking program proven to reduce the pain of arthritis and improve overall health.

WHO IT HELPS

Individuals with arthritis or chronic joint pain.

Free app and community classes; self-directed guidebook \$11.95 (free version via the Osteoarthritis Action Alliance). US-based program.

■ HIKE for Mental Health

<https://ihike.org/>

WHAT IT DOES

Organizes hikes to raise funds for mental health research and trail preservation.

WHO IT HELPS

Hikers in the United States wanting to support mental health causes and find community.

Free to join hikes; fundraising encouraged.

■ GoodGym

<https://www.goodgym.org/>

WHAT IT DOES

Combines exercise with community service: members run, walk, or cycle to help isolated older people and community projects.

WHO IT HELPS

People in the UK seeking purposeful exercise that benefits their community and mental health.

Free; optional donations from £7/month.

Biohacking & Wellness Communities

■ The Fasting Method Community

<https://www.thefastingmethod.com/community/>

WHAT IT DOES

Created by Dr. Jason Fung and Megan Ramos, offering 25+ live groups weekly and monthly challenges.

WHO IT HELPS

Individuals using fasting for weight loss, diabetes reversal, and metabolic health.

Monthly \$45.99, Annual \$329.99, Lifetime \$997 (free 7-day trial available).

▪ Zero – Fasting & Food Tracker

<https://zerolongevity.com/>

WHAT IT DOES

Fasting and nutrition tracker app designed to help users lose fat, protect muscle, and build healthy habits through intermittent fasting and protein tracking.

WHO IT HELPS

Individuals seeking a structured fasting and nutrition tracking tool for weight management and habit formation.

Free basic; premium subscription ~\$60–\$93/year.

▪ Mayo Clinic Connect – LCHF Living & Intermittent Fasting Support Group

<https://connect.mayoclinic.org/group/lchf-living-intermittent-fasting/>

WHAT IT DOES

An online forum hosted and moderated by Mayo Clinic for patients and caregivers sharing information about LCHF living and intermittent fasting.

WHO IT HELPS

Patients and caregivers seeking peer support in a community hosted by Mayo Clinic.

Free.

▪ Wim Hof Method Community

<https://www.wimhofmethod.com/>

WHAT IT DOES

Global community practicing the method's three pillars — breathing, cold exposure, and commitment (mindset) — for immune regulation and mental resilience. Safety warning: never practice the breathing in or near water, in the shower, or while driving (blackouts have caused deaths). Avoid the breathing technique if you have a cardiovascular condition, epilepsy, are pregnant, or are prone to fainting.

WHO IT HELPS

Individuals seeking to improve stress resilience, recovery, and overall wellbeing through breathwork and cold exposure.

Free community groups; paid courses available.

▪ Biohackers Collective

<https://www.biohackerscollective.org/about/index.html>

WHAT IT DOES

A global community for people seeking to gain control over their own biology. Note: this site appears dormant — some pages return errors and it has not been updated in years.

WHO IT HELPS

Individuals interested in health optimization.

Free to join.

Adaptive Exercise & Movement Therapy

■ Tai Chi For Health Institute

<https://taichiforhealthinstitute.org/>

WHAT IT DOES

Non-profit representing certified instructors of evidence-based Tai Chi programs for health and fall prevention.

WHO IT HELPS

Individuals seeking gentle, accessible movement therapy, including programs for arthritis, diabetes, osteoporosis, heart conditions, memory loss, back pain, and stroke recovery, as well as children's and workplace programs.

Varies by instructor; online programs \$19.95–\$299.

■ Qigong Institute

<https://www.qigonginstitute.org/>

WHAT IT DOES

A research and education institute promoting Qigong and energy medicine, maintaining the Qigong and Energy Medicine Database of 18,400+ scientific abstracts.

WHO IT HELPS

Individuals seeking traditional mind-body practices, as well as researchers, medical professionals, and policy makers.

Free resources; membership \$40/year.

■ Dance for PD (Parkinson's Disease)

<https://danceforparkinsons.org/>

WHAT IT DOES

Internationally acclaimed program offering specialized dance classes for people with Parkinson's.

WHO IT HELPS

Individuals with Parkinson's — along with their care partners, families, and friends — seeking to improve mobility, balance, and mood.

Many classes are free or subsidized.

■ Rock Steady Boxing

<https://rocksteadyboxing.org/>

WHAT IT DOES

A non-contact, boxing-based fitness program designed specifically for people with Parkinson's disease.

WHO IT HELPS

Individuals with Parkinson's disease at all stages.

Varies by affiliate gym.

■ Parkinson Wellness Recovery (PWR!)

<https://www.pwr4life.org/>

WHAT IT DOES

Online membership with Guided Plans, exercise classes, and Wellness Series webinars for PD, plus the in-person PWR!Gym in Tucson, Arizona.

WHO IT HELPS

Individuals with Parkinson's disease, and their care partners, seeking specialized exercise.

\$75/month (live + on-demand) or \$40 per pre-recorded package; in-person PWR!Gym membership is separate.

■ **LSVT BIG Physical Therapy**

<https://www.lsvtglobal.com/LSVTBIG>

WHAT IT DOES

A standardized, one-on-one physical and occupational therapy protocol delivered by certified clinicians to improve movement in people with Parkinson's.

WHO IT HELPS

Individuals with Parkinson's and other neurological conditions.

Varies by provider.

■ **Cycling Without Age**

<https://cyclingwithoutage.org/>

WHAT IT DOES

A worldwide movement providing joy and vitality to older adults through trishaw rides.

WHO IT HELPS

Elderly individuals and those with limited mobility.

Free.

■ **SilverSneakers**

<https://www.silversneakers.com/>

WHAT IT DOES

Health and fitness program for adults 65+ included with many Medicare Advantage plans, offering gym access and online fitness classes.

WHO IT HELPS

Seniors — and some under-65 Medicare recipients with qualifying disabilities — seeking access to gyms, community fitness classes, and guided online workouts.

Free for eligible Medicare members.

■ **Couch to 5K (NHS)**

<https://www.nhs.uk/better-health/get-active/get-running-with-couch-to-5k/>

WHAT IT DOES

A free NHS running plan for absolute beginners, guiding you to running 5km in 9 weeks.

WHO IT HELPS

Beginners in the UK looking to safely start running.

Free.

■ **Adaptive Training Foundation**

<https://www.adaptivetrainingfoundation.org/>

WHAT IT DOES

Customized fitness training programs, based in Carrollton, Texas, for individuals with physical or traumatic impairments.

WHO IT HELPS

Veterans, amputees, people with spinal cord injuries, youth, and others needing modified exercises to safely build strength.

100% free for accepted athletes (donor-funded).

■ Yoga With Adriene

<https://www.youtube.com/@yogawithadriene>

WHAT IT DOES

Massive online community offering free yoga videos, including gentle and restorative practices.

WHO IT HELPS

Anyone looking to practice yoga safely at home.

Free (YouTube); paid Find What Feels Good membership ~\$10–\$13/month.

Meditation, Mindfulness & Brain Retraining

■ Palouse Mindfulness (Free MBSR)

<https://palousemindfulness.com/>

WHAT IT DOES

A free, online 8-week course based on the MBSR program (not an officially certified UMass MBSR course).

WHO IT HELPS

Individuals dealing with chronic pain, illness, anxiety, and stress.

100% Free.

■ Curable App

<https://www.curablehealth.com/>

WHAT IT DOES

Evidence-based chronic pain lessons using pain science education and brain retraining techniques.

WHO IT HELPS

Individuals suffering from chronic pain and persistent symptoms.

Free 14-day trial; subscription ~\$60/year.

■ The Gupta Program

<https://guptaprogram.com/>

WHAT IT DOES

A brain retraining program, based on the theory of amygdala and insula retraining, for chronic fatigue, long COVID, and fibromyalgia. Evidence for its effectiveness remains limited.

WHO IT HELPS

Patients with ME/CFS, Long COVID, fibromyalgia, multiple chemical sensitivities, and other neuro-immune conditions.

Paid program (~£299–£499).

■ Dynamic Neural Retraining System (DNRS)

<https://retrainingthebrain.com/>

WHAT IT DOES

A self-directed, drug-free program based on the theory of neuroplasticity and limbic system retraining.

WHO IT HELPS

Individuals with conditions the program attributes to “limbic system impairment” (a founder-coined term, not a recognized medical diagnosis), such as chronic fatigue, multiple chemical sensitivities, and chronic pain.

Paid program (~\$299–\$499 CAD online; ~\$3,000+ in-person).

■ **Headspace Pain Management**

<https://www.headspace.com/articles/headspace-for-pain-management>

WHAT IT DOES

A specialized meditation pack focused on changing your relationship with chronic pain.

WHO IT HELPS

Individuals seeking mindfulness techniques to cope with physical pain.

\$12.99/month or \$69.99/year (14-day free trial); HSA/FSA eligible.

■ **Living Mindfully With Illness Together Sangha**

<https://imcw.org/living-mindfully-with-illness-together-sangha/>

WHAT IT DOES

A meditation group for people living with chronic illness — whether in an acute phase, in remission, or supporting someone as a caregiver. Some prior meditation experience is expected.

WHO IT HELPS

Patients seeking spiritual and emotional support.

Free/Donation-based.

■ **Meditation Chapel**

<https://meditationchapel.org/>

WHAT IT DOES

An online meditation community, primarily Christian contemplative in focus, welcoming people of all faith traditions.

WHO IT HELPS

Anyone seeking a quiet, supportive virtual space for regular meditation.

Free.

Nature Therapy

■ **Outdoor Swimming Society**

<https://www.outdoorswimmingsociety.com/>

WHAT IT DOES

A broad UK community for outdoor swimming, covering recreation, adventure, access, and water safety.

WHO IT HELPS

All outdoor swimmers, with guidance on cold-water safety and acclimatization.

Free community resources.

■ **The Forest Bathing Institute**

<https://tfb.institute/>

WHAT IT DOES

A UK research, events, and training organization focusing on forest bathing (Shinrin-yoku), including its proprietary “Forest Bathing+” approach and partnerships with the NHS and government bodies. Its main offering is guide training (typically 8–12 months).

WHO IT HELPS

Individuals seeking therapeutic benefits of mindful time in nature, and those training to become forest bathing guides.

Varies by event; guide training around £3,300.

■ **Association of Nature and Forest Therapy (ANFT)**

<https://anft.earth/>

WHAT IT DOES

Primarily provides forest therapy guide training worldwide and maintains a Guide Directory of 2,500+ guides across 65+ countries, plus a low-cost introductory course.

WHO IT HELPS

Those looking for guided therapeutic nature experiences.

Varies by guide; guide certification \$3,350–\$3,600+.

■ **Green Gym (TCV)**

<https://www.tcv.org.uk/greengym/>

WHAT IT DOES

Enhances physical and mental wellbeing through nature contact, group activity, and conservation work; recognized by the UK Department of Health, available via GP referral, and run in partnership with the charity Mind.

WHO IT HELPS

Individuals in the UK looking for outdoor exercise.

Free.

■ **Trellis Horticultural Therapy Alliance**

<https://trellishta.org/>

WHAT IT DOES

Uses gardening and nature to enrich lives in the Atlanta/Decatur, Georgia area (distinct from the UK's Trellis Scotland).

WHO IT HELPS

People seeking therapeutic gardening, including those with mental health conditions, incarcerated individuals, and aging adults.

Free for participants (donor-funded 501(c)(3)).

05

Nutrition & Cooking Communities

FOOD AS MEDICINE

Nutrition & Cooking Communities

Dietary changes are foundational to metabolic therapy. These organizations provide the practical skills and community support needed to implement therapeutic diets.

Dietary Protocol Communities

■ AIP Diet & Lifestyle Support Group

<https://www.facebook.com/groups/aipdiet/>

WHAT IT DOES

A large Facebook community supporting individuals following the Autoimmune Paleo Protocol (AIP).

WHO IT HELPS

Individuals with autoimmune conditions seeking dietary support. Requires a Facebook account to join.

Free. (Facebook account required.)

■ Autoimmune Wellness Community

<https://autoimmunewellness.com/find-your-aip-community/>

WHAT IT DOES

A directory of AIP support groups organized by region (note: the interactive maps are currently not functional).

WHO IT HELPS

People looking for local or online AIP support.

Free.

■ Carnivore Diet Community

<https://carnivore.diet/community/>

WHAT IT DOES

A community helping Carnivores stay motivated and troubleshoot.

WHO IT HELPS

Individuals using or exploring the carnivore diet for metabolic, autoimmune, or general health goals.

Free 30-day trial, then \$14.99/month (operated in partnership with Revero).

■ World Carnivore Tribe

<https://www.facebook.com/groups/worldcarnivoretribe/>

WHAT IT DOES

One of the largest carnivore diet communities on Facebook, founded by Dr. Shawn Baker, whose medical license was revoked by the New Mexico Medical Board in 2017. The carnivore diet is not endorsed by mainstream medical institutions.

WHO IT HELPS

Individuals following or curious about the carnivore diet. Requires a Facebook account and admin approval (private group).

Free. (Facebook account required.)

■ Ketovangelist Community

<https://www.facebook.com/ketovangelist08/>

WHAT IT DOES

A Facebook community providing keto recipes, coaching, and support. Note: this brand appears largely defunct and the linked page may be inactive — verify before relying on it.

WHO IT HELPS

Individuals seeking practical ketogenic diet advice. Requires a Facebook account to access.

Free. (Facebook account required.)

■ Ketogenic Diet India

<https://ketogenicdietindia.org/>

WHAT IT DOES

Non-profit providing education, resources, and community for ketogenic diet therapy in India, founded by Dr. Janak Nathan — covering epilepsy as well as autism, Alzheimer's, MS, and cancer. The website is being rebuilt; the most active presence is on Instagram (@asianinstituteketotherapy).

WHO IT HELPS

Individuals in India seeking ketogenic diet support for epilepsy and other neurological and metabolic conditions.

Free resources.

Cooking Classes & Culinary Education

■ Food for Life (PCRM)

<https://www.pcrm.org/good-nutrition/plant-based-diets/ffl>

WHAT IT DOES

An exclusively plant-based (vegan) nutrition education and cooking class program run by the Physicians Committee for Responsible Medicine (PCRM), an advocacy organization. ("Award-winning" is PCRM's own description.)

WHO IT HELPS

Individuals looking to manage diabetes, cancer risk, and heart disease through nutrition.

Many classes free; some vary by instructor and location.

■ Culinary Medicine Kitchen

<https://centers.louisville.edu/aging/optimal-aging-clinic/wellness-and-lifestyle/culinary-medicine-kitchen>

WHAT IT DOES

Trains healthcare professionals and students in culinary medicine at the University of Louisville; direct patient classes are in the planning phase.

WHO IT HELPS

Healthcare professionals and trainees learning to translate dietary advice into practical cooking skills.

Information not yet available — classes in planning phase.

■ Cook To Heal

<https://regenerativecookingschool.com/cook-to-heal-waitlist>

WHAT IT DOES

A 5-week online program providing a foundation in therapeutic cooking and holistic nutrition (currently between cohorts — waitlist only).

WHO IT HELPS

Individuals wanting to learn food as medicine for overall wellness.

Course fees \$289–\$689.

Meal Prep & Food Support

■ Project Angel Food

<https://angelfood.org/>

WHAT IT DOES

Prepares and delivers healthy, medically tailored meals to feed people impacted by serious illness in Los Angeles County only.

WHO IT HELPS

Individuals whose illnesses prevent them from shopping or cooking.

Free for eligible clients.

■ Meal Prep CommUNITY

<https://www.facebook.com/groups/2343821272385021/>

WHAT IT DOES

An online community sharing meal prep tips and recipes, with a plant-based/vegan leaning.

WHO IT HELPS

Busy individuals who want help planning healthy meals. Requires a Facebook account to join.

Free to join; participants share food costs. (Facebook account required.)

06

Events, Organizations & Healing Resources

EDUCATION & IMMERSION

Events, Organizations & Healing Resources

Education and immersive healing environments play a significant role in managing chronic conditions. This section highlights key organizations, conferences, clinical trials, and retreat centers.

Educational Organizations & Advocacy

Metabolic Mind

<https://www.metabolicmind.org/>

WHAT IT DOES

A non-profit providing education on metabolic health and mental illness, including CME courses, a research database, the THINK+SMART program, a podcast, and advocacy. (See also its Provider Directory listing for finding clinicians.)

WHO IT HELPS

Patients, families, and clinicians interested in ketogenic therapies for psychiatric conditions.

Free educational resources.

The Charlie Foundation

<https://charliefoundation.org/>

WHAT IT DOES

Provides information about diet therapies for epilepsy, neurological disorders, and select cancers.

WHO IT HELPS

Patients, families, and healthcare professionals seeking ketogenic therapy information.

Free resources; paid training available.

Foundation for Metabolic Cancer Therapies

<https://foundationformetabolicscancertherapies.com/>

WHAT IT DOES

Funds research into metabolic oncology to improve cancer treatment; it does not provide therapies directly.

WHO IT HELPS

Cancer patients interested in metabolic approaches as complements to standard oncology treatments.

Free resources.

National Organization for Rare Disorders (NORD)

<https://rarediseases.org/>

WHAT IT DOES

Drives advances in care, research, and policy for rare diseases, and offers direct financial assistance through its RareCare program (US-only).

WHO IT HELPS

Patients with any of the 7,000+ known rare diseases.

Free resources.

■ **International Society for Environmentally Acquired Illness (ISEAI)**

<https://iseai.org/>

WHAT IT DOES

Educates about illnesses caused by mold, Lyme disease, and environmental toxicants.

WHO IT HELPS

Patients with chronic fatigue, brain fog, and environmentally acquired illness (EAI).

Some free public resources; paid memberships and educational products available.

■ **Overcoming MS**

<https://overcomingms.org/>

WHAT IT DOES

A UK-based, evidence-informed lifestyle program for people with Multiple Sclerosis, drawing on observational research and intended to complement (not replace) disease-modifying therapies.

WHO IT HELPS

Individuals diagnosed with MS.

Free resources and courses; retreats and some events carry fees.

■ **National Diabetes Prevention Program (CDC)**

<https://www.cdc.gov/diabetes-prevention/>

WHAT IT DOES

A US-only, evidence-based lifestyle change program to prevent or delay type 2 diabetes (not intended for people already diagnosed with diabetes or who are pregnant).

WHO IT HELPS

Individuals with prediabetes or at high risk.

Often covered by insurance or Medicare; uninsured out-of-pocket costs range from free to \$400–\$500+.

■ **Nutrition Therapy Institute (NTI)**

<https://ntischool.com/>

WHAT IT DOES

Practitioner training only — not a direct patient resource. A school offering holistic nutrition education and a proprietary “Nutrition Therapist Master” certificate (not a licensed credential).

WHO IT HELPS

Individuals seeking to become certified Nutrition Therapists.

Tuition fees apply.

■ **Functional Nutrition Alliance**

<https://www.fxnutrition.com/>

WHAT IT DOES

Offers practitioner certification in a systems-based approach to nutrition, now in partnership with the Health Coach Institute.

WHO IT HELPS

Practitioners wanting deep functional nutrition education.

Course fees \$7,200+.

■ **Peggy Lillis Foundation (C. Diff Advocacy)**

<https://cdiff.org>

WHAT IT DOES

Builds a nationwide (US) C. diff awareness movement by educating the public, empowering advocates, and shaping policy. Offers peer support programs, an archived FMT webinar (2020), and other educational webinars.

WHO IT HELPS

C. diff patients and their families seeking support, education, and advocacy.

Free resources and support.

Digital Health & Wellness Tools

■ **Low Carb Program App**

<https://www.diabetes.co.uk/education/low-carb-program.html>

WHAT IT DOES

Multi-award-winning, NHS-certified structured education and behavior change platform for type 2 diabetes and obesity.

WHO IT HELPS

Individuals with type 2 diabetes, prediabetes, NAFLD, PCOS, or obesity looking to improve metabolic health.

Subscription £14.99/month–£69.99/year; free via NHS referral in some UK regions.

■ **Second Nature**

<https://www.secondnature.io/>

WHAT IT DOES

Digital health program offering medication-supported weight loss and habit change, with NHS partnerships. Combines weight loss medication, dietitian coaching, and behavior change support. Medication prescribing is UK-only and GLP-1 medications require clinical supervision.

WHO IT HELPS

Individuals seeking a combined medical and psychology-based approach to weight loss.

Medicated programme £124–£329/month; NHS-referral access does not include the medication programme (UK).

■ **Bearable Symptom Tracker**

<https://bearable.app/>

WHAT IT DOES

Quick and easy symptom tracking for any chronic health issue, with insights into what improves or worsens your symptoms.

WHO IT HELPS

Patients with chronic illnesses or complex symptoms.

Free basic; premium \$6.99/month or \$34.99/year ("Bearable Heroes" sponsorship available for those who cannot afford it).

■ **Levels Metabolic Health**

<https://www.levels.com/>

WHAT IT DOES

An app for AI-assisted food logging and habit tracking, with optional lab testing and continuous glucose monitoring (CGM), for everyday metabolic health.

WHO IT HELPS

Individuals in the US wanting to optimize blood sugar and metabolic health.

\$15/month membership; optional CGM \$89–\$99 and labs \$99–\$399.

■ Cronometer

<https://cronometer.com/>

WHAT IT DOES

The most accurate nutrition tracking app for macros, micros, and health data (English-only; food database is North America-centric).

WHO IT HELPS

Anyone needing precise nutritional tracking for therapeutic diets.

Free basic; Gold premium \$59.99/year or \$10.99/month.

■ BrainHQ

<https://www.brainhq.com/>

WHAT IT DOES

Online brain training with six exercise categories for memory, attention, brain speed, and more, backed by 300+ peer-reviewed studies. Note: a 2016 Stanford consensus statement signed by 130+ scientists called many brain-training claims exaggerated, and the FTC fined competitor Lumosity \$2M for deceptive advertising (BrainHQ itself was not fined).

WHO IT HELPS

Individuals seeking to support their cognitive health.

Subscription \$14/month or \$96/year.

Clinical Trials & Research

■ ClinicalTrials.gov

<https://clinicaltrials.gov/>

WHAT IT DOES

The primary database of clinical studies conducted around the world.

WHO IT HELPS

Patients and researchers seeking information about clinical research studies worldwide.

Free; participation often free with possible compensation.

■ ResearchMatch

<https://www.researchmatch.org/>

WHAT IT DOES

A free, secure tool connecting volunteers with researchers conducting health studies.

WHO IT HELPS

Healthy volunteers and patients (US residents only, including Puerto Rico) wanting to contribute to medical science.

Free.

■ TrialMatch (Alzheimer's Association)

<https://www.alz.org/alzheimers-dementia/research-and-progress/clinical-trials/trialmatch>

WHAT IT DOES

A free service matching patients with Alzheimer's and dementia clinical research.

WHO IT HELPS

Individuals with cognitive impairment, caregivers, and healthy volunteers seeking research participation opportunities.

Free.

■ Achieving Cures Together

<https://www.achievingcures.com>

WHAT IT DOES

A 501(c)(3) nonprofit advancing microbiome research, funding and supporting FMT research including capsule development and clinical trials for *C. difficile*, cancer, and other conditions. Note: the FDA warns of serious infection risk from FMT, especially for immunocompromised patients. Access is primarily around the University of Minnesota, and cancer is a secondary focus.

WHO IT HELPS

Patients with microbiome-related conditions and the research community working toward cures.

Free resources; donation-supported.

Conferences & Events

■ Symposium for Metabolic Health (LowCarbUSA)

<https://www.lowcarbusa.org/events/>

WHAT IT DOES

Regular scientific conferences on metabolic health with leading experts (in-person events are US-based).

WHO IT HELPS

Healthcare professionals and engaged patients.

Livestream \$99; in-person \$449–\$499; recordings \$49–\$99.

■ Metabolic Health Summit

<https://metabolicealthsummit.com/>

WHAT IT DOES

The leading global conference on metabolic health and therapy.

WHO IT HELPS

Professionals and patients interested in cancer, neurological health, and metabolic disorders.

Ticket prices vary.

■ Low Carb Down Under

<https://lowcarbdownunder.com.au/>

WHAT IT DOES

Annual events in Australia (livestream available globally) with expert presenters.

WHO IT HELPS

Health professionals and individuals interested in low-carb therapies.

Ticket prices vary.

■ Global Symposium on Ketogenic Therapies

<https://www.ilae.org/congresses/9th-global-symposium-on-ketogenic-therapies>

WHAT IT DOES

A biennial meeting on science, medical, and dietary advances in ketogenic therapies. The 9th symposium was held September 16–19, 2025 in Paris; the next is confirmed for Cape Town, South Africa, in October 2027.

WHO IT HELPS

Researchers, clinicians, families, patients, and dedicated advocates of ketogenic metabolic therapies.

Registration fees apply. (Next event: Cape Town, October 2027.)

■ IFM Annual International Conference

<https://www.ifm.org/aic>

WHAT IT DOES

The largest functional medicine conference exploring root-cause medicine. (Functional medicine's evidence base is debated within mainstream medicine.)

WHO IT HELPS

Clinicians and health coaches.

Registration \$1,270+ for non-members.

Healing Retreats & Residential Programs

■ TrueNorth Health Center

<https://www.healthpromoting.com/>

WHAT IT DOES

The world's largest facility for medically supervised water-only fasting, located in Santa Rosa, California. Water-only fasting requires medical supervision and is contraindicated in pregnancy, eating disorders, and acute illness.

WHO IT HELPS

Individuals seeking intensive fasting to reverse chronic conditions.

\$209–\$529 per person per day, plus a mandatory assessment (\$295–\$399) and labs (~\$300).

■ Buchinger Wilhelmi Clinics

<https://www.buchinger-wilhelmi.com/en/>

WHAT IT DOES

The world's largest clinical centers for research on therapeutic fasting, with over 100 years of experience. Locations in Germany and Spain (a Côte d'Azur, France location is opening in 2029).

WHO IT HELPS

Patients seeking premium therapeutic fasting in Europe.

Premium pricing (thousands of Euros per stay).

■ Lanserhof

<https://lanserhof.com/en/>

WHAT IT DOES

World-leading institution in holistic medicine integrating medical science with alternative healing. Locations in Austria and Germany (a Marbella, Spain location is opening in 2027).

WHO IT HELPS

Patients seeking premium medical fasting, detox, and longevity programs in Europe.

Premium pricing (€5,900+ per week depending on location).

■ Accord Metabolic Psychiatry

<https://accordmh.com/>

WHAT IT DOES

A specialized residential program integrating ketogenic metabolic therapy and psychiatric care, including medication tapering, for adults 18+ (not a 24/7 staffed facility).

WHO IT HELPS

Clients with depression, anxiety, OCD, eating disorders, bipolar disorder, trauma, ADHD, autism spectrum disorder, substance use, schizophrenia, or schizoaffective disorder.

\$36,000/month residential or \$26,000/month day program; insurance not accepted.

▪ Sanoviv Medical Institute

<https://www.sanoviv.com/>

WHAT IT DOES

An integrative healthcare facility in Rosarito Beach, Baja California, Mexico offering alternative treatments. Note: medical watchdogs (McGill University's Office for Science and Society, Quackwatch, and the American Cancer Society) have raised concerns about Mexican border clinics of this kind.

WHO IT HELPS

Patients with cancer, chronic Lyme, neurodegenerative diseases, and severe toxicity.

\$6,000–\$15,000+ per week; full cancer programs \$27,000–\$45,000+. US insurance typically does not cover treatment abroad.

▪ Pritikin Longevity Center

<https://www.pritikin.com/>

WHAT IT DOES

All-inclusive health resort for sustainable weight loss and cardiovascular health.

WHO IT HELPS

Individuals looking to achieve remission of metabolic syndrome and type 2 diabetes and improve cardiovascular health.

Luxury pricing (\$4,990–\$5,900+ per week); located in Doral/Miami, Florida.

▪ Combe Grove Metabolic Health Retreat

<https://combegrove.com/the-metabolic-health-retreat-2/>

WHAT IT DOES

A 5-night residential retreat near Bath, Somerset, UK, developed with leading medical professionals.

WHO IT HELPS

Individuals seeking a structured residential environment to reset and improve their metabolic health.

From £3,200 for 5 nights (includes a complimentary Returner's Retreat).

▪ TheLifeCo Phuket (Thailand)

<https://www.thelifeco.com/en/centers/the-lifeco-phuket-holistic-wellness-center/>

WHAT IT DOES

Medically guided holistic wellness center offering water fasting, detox, and keto programs, alongside chronic disease management (including diabetes recovery and hypertension) and mental wellness support.

WHO IT HELPS

Individuals seeking intensive metabolic resets and fasting in Southeast Asia.

From ~4,500 THB (~\$126 USD) per night; 7-day programs from ~\$882 USD (Phuket is TheLifeCo's most affordable center).

▪ Kamalaya Koh Samui (Thailand)

<https://kamalaya.com/>

WHAT IT DOES

Award-winning wellness sanctuary and holistic spa offering programs for detox, stress, and burnout.

WHO IT HELPS

Individuals seeking luxury holistic wellness in a tropical environment. Note: a wellness resort, not a medical facility; a 3-night minimum stay is required.

Luxury pricing; room rates and wellness programs are priced separately. Multi-night stays typically cost USD 500–1,500+/night all-inclusive.

■ Nimba Nature Cure Village (India)

<https://www.nimba.in/>

WHAT IT DOES

A naturopathy center in Gujarat, India offering Ayurveda, Yoga, and holistic therapies (the center describes itself as the best in Gujarat). Note: it claims to treat conditions such as cancer, cirrhosis, Alzheimer's, and motor neuron disease with naturopathy, and several treatment sections of its website contain placeholder ("Lorem Ipsum") text.

WHO IT HELPS

Patients seeking traditional Indian integrative medicine and detox.

Premium pricing.

Financial Assistance & Patient Advocacy

■ Patient Advocate Foundation

<https://www.patientadvocate.org/>

WHAT IT DOES

National nonprofit providing case management services, financial aid, and educational resources for patients with chronic, life-threatening, and debilitating illnesses (U.S. only).

WHO IT HELPS

Patients struggling with the financial burden of chronic illness.

Free resources.

■ PAN Foundation (now part of the Patient Advocate Foundation)

<https://www.panfoundation.org/>

WHAT IT DOES

Helps underinsured patients afford out-of-pocket costs for medications and health insurance premiums for chronic and rare diseases (U.S. only).

WHO IT HELPS

Underinsured patients needing help with out-of-pocket costs.

Free assistance for eligible patients.

■ Accessia Health

<https://accessiahealth.org/>

WHAT IT DOES

Provides financial assistance, copay support, and resources for essential treatments — including help with health insurance premiums, travel costs, diagnostic tests, and durable medical equipment. U.S. residents and territories only. (Formerly Patient Services Inc.)

WHO IT HELPS

Patients with rare and chronic conditions.

Free assistance for eligible patients.

07

Neurodiversity Directories & Resources

NEURODIVERSITY SUPPORT

Neurodiversity Directories & Resources

A comprehensive collection of practitioner directories, organisations, and communities supporting people with all major neurodiversity conditions — including ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia, Sensory Processing Disorder, Tourette Syndrome, and Giftedness/Twice-Exceptional (2e). Resources span the US, UK, Australia, Canada, Europe, and Asia.

General Neurodiversity — Cross-Condition Practitioner Directories

Neurodivergent Practitioners

<https://neurodivergentpractitioners.org/>

WHAT IT DOES

A global directory of neurodivergent therapists, coaches, psychologists, peer support groups, and other specialists. Led by and for neurodivergent people, it connects individuals with neurodiversity-affirming support worldwide, including diagnostic services and advocacy.

WHO IT HELPS

Autistic, ADHD, AuDHD, and otherwise neurodivergent adults seeking therapy, coaching, counselling, diagnostic services, or support groups.

Free to search; practitioner fees vary.

Therapist Neurodiversity Collective

<https://therapistndc.org/therapist-directory/>

WHAT IT DOES

An international organisation providing a directory of individually vetted, trauma-informed, neurodiversity-affirming therapists. Each listed therapist is screened to ensure they adhere to ethical, neurodiversity-affirming practice standards.

WHO IT HELPS

Autistic and other neurodivergent individuals seeking ethical, neurodiversity-affirming therapy. Geographic coverage: US, Australia, Canada, Ireland, New Zealand, UK.

Free to search for therapists; individual therapy session costs are not listed on this website and would need to be obtained directly from the list.

Neurodivergent Therapists

<https://ndtherapists.com/>

WHAT IT DOES

A grassroots online directory created by neurodivergent women to connect neurodivergent clients with neurodivergent therapists. All providers are pre-screened for licensure.

WHO IT HELPS

Neurodivergent clients seeking licensed counsellors, social workers, psychologists, psychiatrists, and other therapists who are also neurodivergent. Geographic coverage: US, Canada, Australia, France, Ireland, Netherlands, New Zealand, Poland, Scotland, UK.

Free to search. Individual therapy session costs are set by each practitioner — contact them directly for rates.

NeuroDirect (UK)

<https://neurodirect.co.uk/>

WHAT IT DOES

A UK-wide directory connecting individuals to verified neurodiversity-affirming specialists for ADHD, autism, and other neurodivergent traits. Offers screening tools and resources alongside the practitioner listings.

WHO IT HELPS

Individuals in the UK seeking neurodiversity-affirming therapists, coaches, and assessors.

Free to search and take screening tests. Pricing for individual services is set by each practitioner — contact them directly for rates.

General Neurodiversity — Umbrella Organisations & Communities

■ Neurodiversity Hub

<https://www.neurodiversityhub.org/>

WHAT IT DOES

Promotes a global community of practice for universities, colleges, and employers to support neurodivergent students in becoming work-ready. Provides resources, employer guides, and awareness campaigns.

WHO IT HELPS

Neurodivergent students, their parents and carers, employers, and universities globally.

Courses range from free to USD \$68. Examples: Newly Diagnosed courses (Dyslexia, ADHD, Autism) USD \$18 each; Self Care USD \$14.95; Financial Wellbeing USD \$68.

■ Understood.org

<https://www.understood.org/>

WHAT IT DOES

The leading US-based nonprofit empowering people with learning and thinking differences, including ADHD, dyslexia, dyscalculia, and dyspraxia. Provides expert-reviewed articles, tools, podcasts, and a community forum.

WHO IT HELPS

Individuals with learning and thinking differences, parents, and educators. Primarily US-focused, though content is accessible globally.

Free. All articles, tools, podcasts, and community resources are free to access.

■ The Neurodiversity Alliance

<https://thendalliance.org/>

WHAT IT DOES

A nonprofit founded by and for students who learn differently. Provides an online community, a national network of neurodiversity clubs, scholarships, leadership opportunities, and events.

WHO IT HELPS

High school and college-age students who learn differently across the United States.

Free for all high school and college students in the United States. Includes online community, mobile app, and tools to launch neurodiversity clubs.

■ NAMI (National Alliance on Mental Illness)

<https://www.nami.org/>

WHAT IT DOES

The largest grassroots mental health organisation in the US, providing education, advocacy, and support for individuals affected by mental illness, including those with neurodevelopmental conditions that frequently co-occur with mental health challenges.

WHO IT HELPS

Individuals and families affected by mental illness and neurodevelopmental conditions in the United States. State and local chapters provide in-person support.

Free information and support. Individual/family membership: USD \$35/year; Student membership: USD \$20/year. Many programs are free without membership.

ADHD — Practitioner Directories

■ CHADD Professional Directory

<https://chadd.org/professional-directory/>

WHAT IT DOES

A searchable directory of ADHD professionals and service providers — including coaches, therapists, and educators — maintained by CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder), the leading US ADHD nonprofit.

WHO IT HELPS

Individuals and families seeking professional ADHD support. Geographic coverage: US (searchable by state/province, including some Canadian listings).

Free to search; practitioner fees vary.

■ ADDA Professional Directory

<https://add.org/professional-directory/>

WHAT IT DOES

A directory for adults with ADHD to find qualified professionals — including ADHD coaches, psychologists, and therapists — who specialise in adult ADHD.

WHO IT HELPS

Adults with ADHD seeking professional support. Geographic coverage: US (with options for remote services).

Free to search; practitioner fees vary.

■ AADPA (Australasian ADHD Professionals Association) Directory

<https://aadpa.com.au/adhd-professionals-directory/>

WHAT IT DOES

Connects individuals and families with trusted professionals who have experience supporting people with ADHD across Australia and New Zealand. All listed professionals are AADPA members, ensuring a baseline standard of practice.

WHO IT HELPS

Individuals and families seeking ADHD professionals in Australia and New Zealand.

Free to search. Pricing for individual services provided by listed professionals is set by each practitioner — contact them directly for rates.

■ ADHD Support Australia Directory

<https://www.adhdsupportaustralia.com.au/>

WHAT IT DOES

An online education hub offering digital resources, events, and community support for ADHD parents, carers, adults, teens, and professionals. Also provides a comprehensive ADHD service directory.

WHO IT HELPS

Individuals with ADHD, parents, carers, and professionals in Australia.

Free to search; practitioner fees vary.

ADHD — Organisations & Advocacy

■ CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder)

<https://chadd.org/>

WHAT IT DOES

The leading US non-profit providing education, advocacy, and support for individuals with ADHD and their families. Offers resources for all age groups, educational materials, online communities, and a professional directory.

WHO IT HELPS

Children, adults, parents, caregivers, educators, and professionals affected by ADHD. Geographic coverage: US (with some international reach through online communities).

Individual Membership: USD \$75/year; Family Membership: USD \$120/year. Free resources available without membership.

■ ADDA (Attention Deficit Disorder Association)

<https://add.org/>

WHAT IT DOES

The world's largest organisation dedicated exclusively to helping adults with ADHD. Provides resources, virtual support groups, and a professional directory tailored for adults.

WHO IT HELPS

Adults with ADHD seeking resources, community, and support. Geographic coverage: US (with virtual programs accessible globally).

Individual Plan: USD \$109.99/year; Family Plan: USD \$219.99/year. Both plans include unlimited access to virtual support groups and resources.

■ ADHD Europe

<https://adhdeurope.eu/>

WHAT IT DOES

An umbrella organisation representing ADHD patient advocacy NGOs across Europe. Works to advance the rights of those affected by ADHD and advocates for equal access to diagnosis and treatment across European member states.

WHO IT HELPS

Individuals with ADHD and their families across Europe, and member organisations.

Individual membership: 25€ per year; University student membership: 15€ per year.

■ CADDAC (Centre for ADHD Awareness, Canada)

<https://caddac.ca/>

WHAT IT DOES

Canada's national charity for people with ADHD. Provides resources and support to advance ADHD awareness, education, and advocacy. Also offers free peer-led support groups for adults and parents/caregivers.

WHO IT HELPS

Individuals with ADHD, their families, and the general public in Canada.

Free peer-led support groups for adults with ADHD and for parents/caregivers. Paid introductory program 'Understanding Your Child's ADHD': CAD \$30 + HST for 3 weeks.

■ ADHD UK

<https://adhd.uk.co.uk/>

WHAT IT DOES

A UK-based charity providing information, support, and advocacy for people with ADHD. Offers resources, support groups, and a marketplace to find ADHD coaches and other services.

WHO IT HELPS

Individuals with ADHD, their families, and those seeking to understand ADHD in the UK.

Support groups: Free (donations welcome). ADHD coaching and specialist services in the marketplace are set by individual providers — contact them directly for rates.

■ ADHDadultUK

<https://www.adhdadult.uk/>

WHAT IT DOES

A registered charity and peer support group for adults with ADHD in the UK. Provides peer-led support, coaching, and evidence-based advice.

WHO IT HELPS

Adults with ADHD in the UK.

Free to access all resources and the community forum; donations are accepted.

■ Unlocking ADHD (Singapore)

<https://www.unlockingadhd.org.sg/>

WHAT IT DOES

An IPC-registered charity and social service agency in Singapore providing intervention services, practical resources, and support to those living with ADHD. Aims to empower individuals and families to live life to the fullest.

WHO IT HELPS

Individuals with ADHD and their families in Singapore.

Counselling: SGD \$200/hour (standard rate). Subsidised rates of SGD \$0–\$80/hour available for clients assessed as needing financial assistance.

ADHD — Support Groups & Communities

■ ADDA Virtual Support Groups

<https://add.org/adhd-support-groups/>

WHAT IT DOES

Offers a variety of online peer-led support groups for adults with ADHD, covering different topics and demographics. Provides a safe space for sharing experiences and strategies.

WHO IT HELPS

Adults with ADHD looking for peer support and community. Accessible globally via virtual format.

ADDA membership required to access support groups: Individual Plan USD \$109.99/year; Family Plan USD \$219.99/year. Monthly option from USD \$9.99/month.

■ CADDAC ADHD Support Groups

<https://caddac.ca/programs-and-events/>

WHAT IT DOES

Offers free, peer-led support groups for adults with ADHD, as well as a support group for parents and caregivers of children with ADHD.

WHO IT HELPS

Adults with ADHD and parents/caregivers of children with ADHD in Canada. Available virtually.

Understanding Your Child's ADHD program: CAD \$30 + HST. Monday Parent Support Group: Free. Thursday Parent Support Group: Free.

Autism Spectrum Disorder — Practitioner Directories

■ National Autistic Society (NAS) Autism Services Directory

<https://www.autism.org.uk/directory>

WHAT IT DOES

The UK's most comprehensive directory of autism-specific services, including schools, residential care, employment support, and therapy providers. Maintained by the National Autistic Society, the UK's leading autism charity.

WHO IT HELPS

Autistic people, their families, and professionals seeking autism-specific services in the UK.

Free to search; practitioner fees vary.

■ Autism Speaks Resource Guide

<https://www.autismspeaks.org/resource-guide>

WHAT IT DOES

A searchable database of autism-related services and resources across the United States, including therapists, support groups, schools, and community services.

WHO IT HELPS

Individuals with autism and their families seeking local services and support in the US.

Free to search; practitioner fees vary.

■ National Autistic Society (NAS)

<https://www.autism.org.uk/>

WHAT IT DOES

The UK's leading charity for autistic people and their families. Provides information, advice, and support; campaigns for a society that works for autistic people; offers training and an Autism Services Directory.

WHO IT HELPS

Autistic people, their families, and professionals in the UK.

Individual membership: £28/year (or £26/year via Direct Debit); Concessionary membership: £10/year (or £8/year via Direct Debit); Joint membership: £34/year. Free information and helpline available without membership.

■ Autistic Self Advocacy Network (ASAN)

<https://autisticadvocacy.org/>

WHAT IT DOES

A non-profit organisation run by and for autistic people. Advocates for policy change, provides resources, and promotes the neurodiversity paradigm — the belief that autism is a natural part of human variation rather than a disorder to be cured.

WHO IT HELPS

Autistic individuals, their families, and advocates globally, with a strong focus on the US.

Optional monthly membership from USD \$3–\$100/month (pay-what-you-can). Scholarships available for self-advocates. All resources and advocacy content are free to access.

■ Autism Society

<https://autismsociety.org/>

WHAT IT DOES

Provides support and education to the autism community through resources, news, events, and connections to local affiliates. Has national programs and an advocacy centre.

WHO IT HELPS

Individuals with autism, their families, and caregivers in the US (with local affiliates).

Free information and resources. Donations accepted.

■ Autism-Europe

<https://www.autismeurope.org/>

WHAT IT DOES

An international association that advances the rights of autistic people and helps improve their quality of life across Europe. Provides resources, campaigns for policy change, and connects families with national autism organisations in 40 European countries.

WHO IT HELPS

Autistic people and their families across Europe seeking information, advocacy, and connections to national support organisations.

Free information and resources. Individual membership: €50/year (includes LINK magazine and event discounts).

■ Autism Alliance of Canada

<https://autismalliance.ca/>

WHAT IT DOES

A pan-Canadian network advocating for a National Autism Strategy to ensure autistic people have equal rights and opportunities. Works with autistic people, families, clinicians, researchers, and service providers to influence policy and improve access to services.

WHO IT HELPS

Autistic people, their families, support persons, clinicians, researchers, and service providers across Canada.

Community Membership: CA\$30/year for individuals; Associate Membership: Free for individuals.

■ Reframing Autism (Australia)

<https://reframingautism.org.au/>

WHAT IT DOES

An autistic-led charity that aims to reframe the understanding of autism through education, resources, and research underpinned by lived experience. Provides educational opportunities, resources (blogs, articles, podcasts, webinars), and professional development.

WHO IT HELPS

Autistic individuals, their families, allies, and professionals supporting autistics in Australia.

Autism Essentials course: Free. Professional Development Certificate add-on: AUD \$49. Community Short Courses: AUD \$99 each (or AUD \$179 bundle). Community Webinars: AUD \$29–\$39 each. Parenting Bundles: AUD \$175–\$300.

■ Japan Neurodiversity Association (DIODEN)

<https://en.dioden.org/>

WHAT IT DOES

The first Japanese NPO dedicated to promoting neurodiversity, consisting of members with various neurotypes. Works to create a society where neurodivergent individuals can thrive.

WHO IT HELPS

Neurodivergent individuals in Japan, their families, and the broader community.

Free to join the association and its online community via X (Twitter) or Discord. No explicit pricing for end-users is listed on the website.

Autism Spectrum Disorder — Support Groups & Communities

■ Autism Speaks Community

<https://www.autismspeaks.org/community>

WHAT IT DOES

An online community platform for autistic individuals and their families to connect, share experiences, and access peer support. Note: Autism Speaks has historically faced criticism from some autistic self-advocates for its approach; users should be aware of this context.

WHO IT HELPS

Individuals with autism and their families seeking peer connection and community, primarily in the US.

Free to search for resources; pricing for individual services found through the directory will vary by provider.

■ Wrong Planet

<https://wrongplanet.net/>

WHAT IT DOES

One of the longest-running online communities for autistic people, with forums, articles, and chat rooms. Founded in 2004, it remains an active peer support space.

WHO IT HELPS

Autistic individuals and those with Asperger's syndrome seeking peer support and community. Global, online.

Free information and resources. Donations accepted.

Dyslexia — Practitioner Directories

■ British Dyslexia Association (BDA) Tutor & Assessor List

<https://www.bdadyslexia.org.uk/dyslexia/tutor-list>

WHAT IT DOES

A searchable directory of qualified dyslexia tutors and assessors across the UK, maintained by the British Dyslexia Association. All listed practitioners have completed BDA-accredited training.

WHO IT HELPS

Individuals in the UK seeking a qualified dyslexia tutor or specialist assessor.

Free to search; practitioner fees vary.

■ PATOSS Tutor/Assessor Index

<https://www.patoss-dyslexia.org/tutor-index-landing>

WHAT IT DOES

A directory of specialist teachers and assessors who are members of PATOSS (Professional Association of Teachers of Students with Specific Learning Difficulties). Practitioners are qualified to assess and teach learners with dyslexia and other SpLDs.

WHO IT HELPS

Individuals in the UK seeking specialist dyslexia teachers and assessors.

Free to search. Individual tutor and assessor fees are set independently — contact practitioners directly for rates.

■ International Dyslexia Association (IDA) Provider Directory

<https://dyslexiaida.org/provider-directories/>

WHAT IT DOES

Connects individuals with IDA-affiliated service providers — including tutors, therapists, and educational specialists — through IDA's network of US branches and global partners.

WHO IT HELPS

Individuals with dyslexia and their families seeking specialist support in the US and internationally.

Free to search; practitioner fees vary.

Dyslexia — Organisations & Advocacy

■ International Dyslexia Association (IDA)

<https://dyslexiaida.org/>

WHAT IT DOES

A non-profit organisation dedicated to understanding and treating dyslexia. Provides fact sheets, research summaries, a provider directory, and resources to help individuals with dyslexia and their families find support and specialist services worldwide.

WHO IT HELPS

Individuals with dyslexia, their families, and educators seeking information, support, and specialist providers globally.

Community Advocate Membership: USD \$40/year (includes access to resources, webinars, and discounts). Free fact sheets and information available without membership.

■ British Dyslexia Association (BDA)

<https://www.bdadyslexia.org.uk/>

WHAT IT DOES

The UK's leading dyslexia charity, providing information, support, helpline services, and a searchable directory of qualified tutors and assessors. Campaigns for a dyslexia-friendly society and offers resources for individuals, families, and schools.

WHO IT HELPS

Individuals with dyslexia, their families, and educators in the UK seeking information, support, and specialist services.

Free to join the BDA Dyslexia Community. Helpline: Free. Tutor/assessor directory: Free to search. Workplace assessments and training: contact BDA for pricing.

■ Dyslexia Canada

<https://dyslexiacanada.org/>

WHAT IT DOES

A national charity committed to ensuring every child with dyslexia in Canada receives a fair and equitable education. Advocates for universal reading screening and provides resources including a Parent Handbook and teacher materials.

WHO IT HELPS

Children with dyslexia, parents, and educators in Canada.

Free resources and information. Optional donation to help cover printing and shipping of physical materials.

■ Dyslexia Association Australia

<https://dyslexiaassociation.org.au/>

WHAT IT DOES

An organisation concerned with the wellbeing, identification, and education of those with dyslexia and related differences in Australia. Provides information and support for individuals and families.

WHO IT HELPS

Individuals with dyslexia, families, and educators in Australia.

ADA Pre-assessment screening service: AUD \$185; High School ADA transition letter service: AUD \$145; MSL Membership: No fee, conditions apply.

■ Dyslexia Scotland

<https://dyslexiascotland.org.uk/>

WHAT IT DOES

Aims to help children and adults with dyslexia in Scotland reach their full potential. Offers a helpline, assessment services, tutor services, and an annual education conference.

WHO IT HELPS

Children and adults with dyslexia, parents, and teachers in Scotland.

Individual membership: £20; Family membership: £25

■ Adult Dyslexia Centre (UK)

<https://www.adc.org.uk/>

WHAT IT DOES

Provides support specifically for adults with dyslexia, offering a helpline, peer support groups, screening, and events. Helps adults navigate challenges in daily life and the workplace.

WHO IT HELPS

Adults with dyslexia in the UK.

Dyslexia assessments are £650 inclusive for adults and children (from age 8).

■ Understood.org – Dyslexia

<https://www.understood.org/en/articles/what-is-dyslexia>

WHAT IT DOES

Provides comprehensive, expert-reviewed information about dyslexia, including signs, diagnosis, strategies, and tools. Understood is a leading nonprofit for people who learn and think differently.

WHO IT HELPS

Individuals with dyslexia, parents, and educators. US-based, with globally accessible content.

All resources and services provided by Understood.org are free for end-users.

Dyspraxia / Developmental Coordination Disorder — Practitioner Directories

■ Dyspraxia Foundation (UK) – Local Support Groups

<https://dyspraxiafoundation.co.uk/help-and-support>

WHAT IT DOES

The Dyspraxia Foundation maintains a network of local support groups across the UK and provides guidance on finding occupational therapists and other professionals with DCD expertise.

WHO IT HELPS

Individuals with dyspraxia/DCD, their families, and professionals in the UK.

Free information and resources.

■ CanChild – DCD Resources (Canada)

<https://canchild.ca/diagnoses/developmental-coordination-disorder/>

WHAT IT DOES

Provides information and resources on DCD, including assessment, diagnosis, educational materials, management strategies, and related disorders. Offers workshops and FAQs for parents and professionals. Based at McMaster University.

WHO IT HELPS

Parents, educators, therapists, and medical professionals seeking evidence-based DCD information. Primarily Canada-focused, though resources are globally accessible.

MPOC 2.0 – For Individual or Teaching Use: CAD \$150.00 – \$350.00; ICF: A Hands-on Approach for Clinicians and Families: CAD \$64.99

Dyspraxia / Developmental Coordination Disorder — Organisations & Advocacy

■ Dyspraxia Foundation (UK)

<https://dyspraxiafoundation.co.uk/>

WHAT IT DOES

The UK's leading organisation for people with dyspraxia/DCD. Offers information and support to individuals, families, and professionals, raises awareness, and creates a supportive community. Provides resources for children, young people, and adults.

WHO IT HELPS

Individuals with dyspraxia (children, young people, adults), families, and professionals in the UK.

Individual membership: £20/year; Family membership: £25/year.

■ **Dyspraxia DCD America**

<https://www.dyspraxiadcdamerica.org/>

WHAT IT DOES

A 501(c)(3) nonprofit dedicated to raising awareness for Dyspraxia/DCD in the United States, providing support and strategies for daily activities, and advocating for those impacted. Maintains a global network section linking to international organisations.

WHO IT HELPS

Individuals with Dyspraxia/DCD (children, teens, adults), parents, educators, and medical professionals in the US.

Free information and resources.

■ **Developmental Coordination Disorder Australia (DCDA)**

<https://dcdaustralia.org.au/>

WHAT IT DOES

A national not-for-profit organisation working to improve the lives of children, adults, and families affected by DCD in Australia. Advocates for access to services, facilitates peer support, raises awareness, and supports professionals and the community.

WHO IT HELPS

Children, adults, and families affected by DCD in Australia, as well as professionals and the community.

Free to access information and resources; donations are accepted to support advocacy work.

■ **Dyspraxia/DCD Ireland**

<https://www.dyspraxia.ie/>

WHAT IT DOES

Provides information, support, and advocacy for individuals with Dyspraxia/DCD and their families in Ireland. Offers resources, training, and employment support.

WHO IT HELPS

Individuals with Dyspraxia/DCD, parents, educators, and professionals in Ireland.

Free information and resources.

■ **The DCD Foundation (Hong Kong)**

<https://www.dcd.org.hk/>

WHAT IT DOES

Provides information and raises awareness about Dyspraxia/DCD in Hong Kong. Aims to support individuals and families affected by the condition.

WHO IT HELPS

Individuals with Dyspraxia/DCD and their families in Hong Kong.

Free information and resources.

■ **European Academy of Childhood Disability (EACD)**

<https://www.eacd.org/>

WHAT IT DOES

An international not-for-profit association promoting excellence in research and services for childhood-onset disabilities, including DCD. Provides education for professionals and facilitates knowledge exchange across Europe and beyond.

WHO IT HELPS

Professionals with a clinical and/or scientific interest in childhood-onset disabilities, researchers, and clinicians.

Free resources; membership EUR €50–€150/year for full benefits.

Dyscalculia — Practitioner Directories

■ Dyscalculia Network – Assessor & Tutor Directory

<https://dyscalculianetwork.com/directory/>

WHAT IT DOES

A UK-based community interest company supporting individuals with dyscalculia. Provides a directory of specialist assessors and tutors, training for educators, resources, and events. Aims to raise awareness, educate, support, and empower.

WHO IT HELPS

Individuals with dyscalculia, parents, educators, adults, and workplaces. Primarily UK-based, with online services.

Free to search the Assessor & Tutor Directory. Video recordings range from £5.00 to £100.00 GBP, including: '7 Strategies to Support your Primary D.

■ British Dyslexia Association (BDA) – Dyscalculia Accreditation

<https://www.bdadyslexia.org.uk/services/accreditation/specialist-teacher-accreditation/approved-practitioner-status-dyscalculia-apd>

WHAT IT DOES

Offers accreditation for practitioners who have completed BDA-accredited courses in teaching learners with dyscalculia. These practitioners can conduct informal assessments and deliver specialist teaching.

WHO IT HELPS

Educators and practitioners seeking accreditation in dyscalculia, and learners seeking specialist teaching in the UK.

Free information and resources.

Dyscalculia — Organisations & Advocacy

■ Dyscalculia.org

<https://www.dyscalculia.org/>

WHAT IT DOES

A non-profit educational organisation dedicated to advancing understanding and treatment of specific learning disabilities in mathematics. Offers webinars, resources, and information on diagnosis and symptoms.

WHO IT HELPS

Individuals with dyscalculia, parents, educators, and professionals. Michigan, USA-based with global reach.

Free to access information and join webinars; donations are accepted to support the organization's work.

■ Learning Disabilities Association of America (LDA) – Dyscalculia

<https://ldaamerica.org/disabilities/dyscalculia/>

WHAT IT DOES

Provides information and advocacy for individuals with learning disabilities, including dyscalculia. Offers resources, state affiliates, and promotes understanding of learning differences.

WHO IT HELPS

Individuals with learning disabilities, their families, educators, and advocates in the US (with state affiliates).

Member: USD \$55 a year; Student (full-time): USD \$25 a year

■ Understood.org – Dyscalculia

<https://www.understood.org/en/articles/what-is-dyscalculia>

WHAT IT DOES

Provides comprehensive, expert-reviewed information about dyscalculia, including signs, diagnosis, and strategies. Understood is a leading nonprofit for people who learn and think differently.

WHO IT HELPS

Individuals with dyscalculia, parents, and educators. US-based with globally accessible content.

Free. Understood.org is a non-profit organization providing informational resources and support for individuals with learning and thinking differences.

■ International Dyslexia Association (IDA) – Dyscalculia Resources

<https://dyslexiaida.org/>

WHAT IT DOES

While primarily focused on dyslexia, IDA also provides resources on dyscalculia and other related learning differences, including fact sheets and practitioner directories through its branch network.

WHO IT HELPS

Individuals with dyscalculia and other learning differences, their families, educators, and professionals. US-based with international branches.

Community Advocate Membership: USD \$40/year; Teacher Membership: USD \$50/year. Free 6-month trial available for new teachers.

Sensory Processing Disorder — Practitioner Directories

■ STAR Institute – Therapist Directory

<https://sensoryhealth.org/treatment-directory>

WHAT IT DOES

STAR Institute is the world's leading research, education, and treatment centre for Sensory Processing Disorder. Their therapist directory connects individuals with SPD-trained occupational therapists. The Institute also conducts research and provides professional training globally.

WHO IT HELPS

Children, adolescents, and adults with SPD, as well as parents and professionals seeking SPD-trained therapists. Treatment centre in Colorado, US; education and research reach clients in 38+ countries.

Free to search; practitioner fees vary.

Sensory Processing Disorder — Organisations & Advocacy

■ Sensory Integration Education (SIE)

<https://www.sensoryhelpnow.org/>

WHAT IT DOES

Provides the 'Sensory Help Now' platform — a free resource for parents and carers offering expert-led courses, practical strategies, and downloadable resources to support children with sensory processing difficulties at home and school.

WHO IT HELPS

Parents, carers, and families of children with sensory processing difficulties. Based in the UK with globally accessible online content.

Free for parents and carers via the 'Sensory Help Now' platform, which includes expert-led courses, practical strategies, and downloadable resources.

■ SPD Australia

<https://spdaustralia.com.au/>

WHAT IT DOES

Raises awareness and understanding of Sensory Processing in Australia. Provides information to individuals and families experiencing challenges with sensory processing, and hosts an online community.

WHO IT HELPS

Individuals and families in Australia affected by Sensory Processing Difficulties.

Free information and resources.

■ AIDE Canada – Sensory Processing Differences Toolkit

<https://aidecanada.ca/resources/learn/asd-id-core-knowledge/sensory-processing-differences-toolkit>

WHAT IT DOES

Provides a toolkit designed to introduce autistic persons and their families to the 8 sensory systems, help determine impacted sensory systems, and offer strategies to try at home. Includes an overview of professional treatment options and recommended readings.

WHO IT HELPS

Autistic persons and their families, as well as professionals seeking to understand sensory processing differences in Canada.

Free information and resources.

■ GSIÖ (Austrian Society of Sensory Integration)

<https://www.sensorische-integration.org/en/>

WHAT IT DOES

A non-profit organisation promoting awareness and understanding of Sensory Integration in Austria. Provides information about sensory processing, helps families find qualified ASI therapists, and raises awareness of sensory integration needs.

WHO IT HELPS

Children and individuals with sensory processing and integration differences, and their families in Austria and the broader European region.

Free information available on the website. Supporting membership: EUR €70/year (or EUR €65/year via standing order) for access to additional resources and events.

Tourette Syndrome & Tic Disorders — Practitioner Directories

■ Tourette Association of America – Find A Provider

<https://tourette.org/find-a-provider/>

WHAT IT DOES

A comprehensive directory of medical professionals, therapists, and clinics specialising in Tourette Syndrome and Tic Disorders. Allows users to search by location, age group, and clinical expertise.

WHO IT HELPS

Individuals seeking medical and therapeutic care for Tourette Syndrome and Tic Disorders in the United States.

Free to search; contact individual providers for their fees.

Tourette Syndrome & Tic Disorders — Organisations & Advocacy

■ Tourette Association of America (TAA)

<https://tourette.org/>

WHAT IT DOES

Founded in 1972, the TAA is the only national organisation in the US serving the Tourette Syndrome and Tic Disorder community. Works to raise awareness, advance research, and provide ongoing support to patients and families through educational webinars, events, and resources.

WHO IT HELPS

Patients and families impacted by Tourette Syndrome and Tic Disorders in the United States. Local chapters provide in-person support.

Free information, webinars, and educational resources. Donations accepted.

■ Tourette Syndrome Association of Australia (TSAA)

<https://www.tourette.org.au/>

WHAT IT DOES

Provides support and information for people of all ages with Tourette Syndrome and Tic Disorders, and their families in Australia. Note: the website is currently undergoing redevelopment; check for updated contact information.

WHO IT HELPS

Individuals with Tourette Syndrome and Tic Disorders, and their families in Australia.

Free information and support. Donations accepted.

■ Tourette Canada

<https://tourette.ca/>

WHAT IT DOES

Canada's national organisation for Tourette Syndrome, providing education, advocacy, and support for individuals and families affected by TS and related conditions across Canada.

WHO IT HELPS

Individuals with Tourette Syndrome, their families, and professionals in Canada.

Individual Membership: CAD \$45/year; Family Membership: CAD \$65/year. Both include virtual support groups, discounts on educational activities, and 15% off publications.

■ Tourettes Action (UK)

<https://www.tourettes-action.org.uk/>

WHAT IT DOES

The UK's leading support and research charity for people with Tourette Syndrome. Provides information, a helpline, a database of TS-knowledgeable professionals, and advocacy.

WHO IT HELPS

Individuals with Tourette Syndrome, their families, and professionals in the UK.

Free information, helpline, and support services. Merchandise available: pin badges £2, T-shirts £10–£11, hoodies £22–£25. Lottery tickets £1/week.

Tourette Syndrome & Tic Disorders — Support Groups & Communities

■ TAA Online Support Groups for Adults

<https://tourette.org/online-support-groups-tourette-syndrome/>

WHAT IT DOES

Offers online support groups for adults (26+) living with Tourette Syndrome or other Tic Disorders. Groups provide a supportive space to connect and learn through guided discussions on self-acceptance, self-advocacy, workplace navigation, co-occurring conditions, and CBIT (Comprehensive Behavioural Intervention for Tics).

WHO IT HELPS

Adults (26+) with Tourette Syndrome or Tic Disorders in the United States, with priority for those with limited local access.

Free to attend; registration required and space is limited.

■ TAA TicTies – Young Adult Support Group

<https://tourette.org/online-support-groups-tourette-syndrome/>

WHAT IT DOES

A welcoming online support group for young adults (ages 18–25) with Tourette Syndrome or other Tic Disorders. Peer-led discussions cover topics relevant to young adults, including navigating college or work, mental health, relationships, and advocacy.

WHO IT HELPS

Young adults (ages 18–25) with Tourette Syndrome or Tic Disorders in the United States.

Free to join, but registration is required and space is limited. Registration for the Winter 2026 Young Adult Support Group is currently closed.

Giftedness & Twice-Exceptional (2e) — Practitioner Directories

■ Davidson Institute – Gifted Testers and Therapists List

<https://www.davidsongifted.org/gifted-blog/gifted-testers-and-therapists-list/>

WHAT IT DOES

Provides an interactive map to locate professionals with experience testing gifted and twice-exceptional children. Maintained by the Davidson Institute, a leading US organisation for profoundly gifted youth.

WHO IT HELPS

Parents and families seeking qualified professionals for gifted and 2e children.

Free to search; practitioner fees vary.

■ Bright Insight Support Network – Therapist Directory

<https://www.brightinsight.support/resources>

WHAT IT DOES

Provides a directory of therapists, coaches, and resources for gifted and twice-exceptional (2e) adults, and hosts events including BloomCon for the 2e community.

WHO IT HELPS

Gifted and twice-exceptional (2e) adults, and professionals who work with them.

Free to search; practitioner fees vary.

Giftedness & Twice-Exceptional (2e) — Organisations & Advocacy

■ SENG (Supporting Emotional Needs of the Gifted)

<https://sengifted.org/>

WHAT IT DOES

A nonprofit organisation that empowers families and communities to guide gifted and twice-exceptional individuals to reach their goals socially, emotionally, and intellectually. Provides resources, education, and advocacy.

WHO IT HELPS

Gifted and twice-exceptional individuals, their families, caregivers, educators, and mental health professionals.

Explorer: Free; Pioneer: USD \$99/year (USD \$59/year for students and seniors 60+); Champion: USD \$159/year

■ Potential Plus UK

<https://potentialplusuk.org/>

WHAT IT DOES

Supports children with high learning potential and their families in the UK. Provides resources, assessments, events, and consultancy sessions.

WHO IT HELPS

Children with high learning potential, their families, and schools in the UK.

Family Plus Membership: £60/year. Associate Family Member by School: Free of charge. Associate Family Member by Organisation: Free of charge.

■ Australian Association for the Education of the Gifted and Talented (AAEGT)

<https://www.aaegt.net.au/>

WHAT IT DOES

A national organisation committed to furthering the education and wellbeing of gifted students in Australia through evidence-based leadership, advocacy, collaboration, and communication.

WHO IT HELPS

Gifted students, their families, educators, academics, and researchers in Australia.

Individual Membership: AUD \$35 annual fee

■ Gifted Children's Association of British Columbia (GCABC)

<https://giftedchildrenbc.org/>

WHAT IT DOES

Provides resources and support for gifted and twice-exceptional children and their families in British Columbia. Offers information on multi-exceptionality, education, and events.

WHO IT HELPS

Gifted and twice-exceptional children, their families, and educators in British Columbia, Canada.

CAD\$40 for 12 months membership, which includes a regular newsletter, access to the GCABC Member's Corner, and reduced rates at all GCABC events.

Giftedness & Twice-Exceptional (2e) — Support Groups & Communities

■ **r/TwiceExceptional (Reddit Community)**

<https://www.reddit.com/r/TwiceExceptional/>

WHAT IT DOES

An online community for individuals who are twice-exceptional — gifted individuals who also have one or more disabilities — to share experiences, ask questions, and find support.

WHO IT HELPS

Twice-exceptional individuals, their families, and anyone interested in learning more about 2e. Global, online.

Free to join and participate.

08

Sleep Directories & Resources

SLEEP SUPPORT

Sleep Directories & Resources

Poor sleep sits underneath many metabolic and mental health struggles, and good sleep care is hard to find. Everything here is for the person who cannot sleep: where to find an accredited sleep clinic or specialist, free and NHS/Medicare-backed CBT-I programs and apps, registers for finding a CBT therapist, psychologist, acupuncturist or naturopathic doctor, patient organisations with helplines and plain-English guides, and peer communities for insomnia, sleep apnoea, narcolepsy, restless legs and body-clock disorders — across the US, UK, Europe, Canada, Australia/NZ and Asia. Every listing was opened and checked before it was added.

Sleep Medicine — Find a Sleep Clinic or Specialist

■ AASM Sleep Center Directory (SleepEducation.org)

<https://sleepeducation.org/sleep-center/>

WHAT IT DOES

The American Academy of Sleep Medicine's public finder for AASM-accredited sleep centres across the United States, searchable by location (5–100 mile radius) or state, with a filter for centres accredited for home sleep apnea testing. Only accredited centres appear.

WHO IT HELPS

Anyone in the US who needs a sleep study or specialist assessment for sleep apnea, insomnia, narcolepsy or other sleep disorders and wants an accredited facility.

Free to search; sleep-centre consultation and sleep-study fees vary and are usually billed to insurance (site links to a Financial Assistance page).

■ Sleep Apnoea Trust — List of NHS Sleep Clinics in the UK

<https://sleep-apnoea-trust.org/sleep-apnoea-trust-list-nhs-sleep-clinics-uk/>

WHAT IT DOES

A charity-maintained list of NHS sleep clinics across England (by county, around 50 areas), Scotland, Wales, Northern Ireland and the Crown Dependencies, with a town/city map search (10–200 mile radius) and directions. Stated as correct at 1 January 2025 and modified September 2025.

WHO IT HELPS

UK residents who suspect sleep apnoea or another sleep disorder and want to know which NHS clinic their GP can refer them to.

Free to use; NHS clinic assessment and CPAP treatment are free at point of care for UK residents (page points to the NHS site for private options).

■ Narcolepsy UK — UK Sleep Centres

<https://www.narcolepsy.org.uk/resources/uk-sleep-centres/>

WHAT IT DOES

A regional directory of specialist NHS sleep centres able to assess and diagnose narcolepsy and related hypersomnias, split into ten regional pages covering England, Scotland, Wales and Northern Ireland.

WHO IT HELPS

People in the UK with suspected or diagnosed narcolepsy, idiopathic hypersomnia or other central disorders of hypersomnolence, and the GPs referring them.

Free to use; NHS specialist assessment is free at point of care with a GP referral.

■ DGS — List of Certified Sleep Laboratories (Germany)

<https://www.dgsm.de/en/society/patient-information/sleep-laboratories>

WHAT IT DOES

The German Sleep Society's public list of sleep laboratories it has accredited against defined quality criteria, naming each lab's medical director; the list loads dynamically on the page (English version of the DGS site).

WHO IT HELPS

People in Germany (and German-speaking Europe) who need a quality-assured sleep laboratory for diagnosis or treatment of a sleep disorder.

Free to browse; sleep-lab diagnostics in Germany are generally covered by statutory or private health insurance with a referral. Note: Germany only; the list is rendered by script and may take a moment to load, and the page states the data is for personal, non-commercial use.

■ NATA Find Accredited Organisation — Sleep Disorders Services (Australia)

<https://nata.com.au/find-organisation/>

WHAT IT DOES

The national accreditation body's public search of accredited organisations, which can be filtered by the 'Sleep Disorders Services' standard (assessed against the Australasian Sleep Association standard) and by state or territory to find accredited sleep investigation services in Australia.

WHO IT HELPS

Australians seeking a sleep study or sleep clinic that has independent, ASA-standard accreditation, and GPs choosing where to refer.

Free to search; sleep-study and specialist fees vary and are often partly Medicare-rebated with a referral. Note: General accreditation search, not a sleep-specific finder — select 'Sleep Disorders Services' under Accreditation Standard to filter; NATA accreditation covers the sleep service, not individual physicians.

■ Hypersomnia Foundation — International Directory of Healthcare Professionals

<https://www.hypersomniafoundation.org/directory/>

WHAT IT DOES

A filterable international directory of sleep doctors, behavioural sleep medicine specialists, psychologists, nurse practitioners and GPs who report experience treating idiopathic hypersomnia, narcolepsy and Kleine-Levin syndrome, searchable by profession, country/state/city, condition, adults vs children and specialty. Country filters include the US, UK, Canada, Australia, India, France, Netherlands, Brazil, Chile, Croatia and Oman.

WHO IT HELPS

People with suspected or diagnosed hypersomnia or narcolepsy anywhere in the world who need a clinician familiar with these rarer disorders.

Free to search; consultation fees depend on each provider and country (often insurance- or public-system-covered with referral). Note: Professionals self-join or are recommended by the community; the Foundation states it has not independently verified credentials and listing is not an endorsement.

Insomnia Treatment — CBT-I Programs, Therapists & Natural-Therapy Practitioners

■ Society of Behavioral Sleep Medicine — Provider Directory

<https://behavioralsleep.org/index.php/directory>

WHAT IT DOES

The SBSM's directory of behavioural sleep medicine clinicians (CBT-I and related therapies), browsable by region and country — roughly 490 North American listings plus Europe, Asia, Oceania and Africa, a telemedicine section, and lists of fellows and training sites. Listings show credentials (e.g. DBSM), populations served and whether new patients are accepted.

WHO IT HELPS

People with insomnia, nightmares, circadian problems or paediatric sleep issues who want a clinician trained in non-drug behavioural treatment, and clinicians seeking referrals or training sites.

Free to search; provider fees vary widely (private-pay CBT-I typically US\$100–\$300 per session in the US, often insurance-billable). Note: Heavily US-weighted; listings are self-maintained by members and a few contain placeholder or duplicate data.

■ International Directory of CBT-I Providers (cbti.directory)

<https://cbti.directory/>

WHAT IT DOES

An international, searchable directory of clinicians who deliver cognitive behavioural therapy for insomnia — running since 2017 with over 1,100 clinician profiles, browsable by US state, Canada, Mexico, Europe, Oceania, Asia, Africa, the Middle East and South America, plus a telemedicine filter. The University of Pennsylvania's former CBT-I provider directory now points here.

WHO IT HELPS

Adults with chronic insomnia who want a CBT-I-trained therapist locally or by video, and therapists wanting to be found after CBT-I training.

Free to search; therapist fees vary by country and are set by each provider. Note: Clinicians self-register and the site does not publish vetting criteria; check each therapist's licence and training.

■ Canadian Sleep Research Consortium — Canada-Wide CBT-I Provider Directory

<https://researchsleep.ca/cbtimap>

WHAT IT DOES

A bilingual (English/French) directory of roughly 100 CBT-I providers across Canada organised by province/territory and city, noting telehealth coverage, languages, age groups served, referral requirements and in some cases cost or public-health coverage.

WHO IT HELPS

Canadians with insomnia looking for a CBT-I therapist in their province or by telehealth, including French-language options.

Free to use; some listed services are OHIP/MCP-covered or free via clinical trials, others private-pay or extended-health-insurance. Note: Providers add themselves via a form and the Consortium states listings are not verified or endorsed; confirm credentials directly.

■ BABCP CBT Register UK

<https://portal.babcp.com/therapist/register>

WHAT IT DOES

The UK register of Accredited and Registered cognitive behavioural therapists, searchable by name, profession type and county, run by the British Association for Behavioural and Cognitive Psychotherapies and accredited by the Professional Standards Authority. Useful for checking that a therapist offering CBT for insomnia is properly accredited.

WHO IT HELPS

UK residents seeking an accredited CBT therapist (including for insomnia) and employers verifying a therapist's standing.

Free to search; private CBT sessions in the UK typically cost £60–£150, or free via NHS Talking Therapies referral. Note: Not sleep-specific — there is no insomnia filter, so you must ask therapists about CBT-I training; some accredited therapists in private practice are on a separate advertising list.

■ Australian Psychological Society — Find a Psychologist

<https://psychology.org.au/find-a-psychologist>

WHAT IT DOES

The APS's directory of thousands of psychologists in private practice across Australia, searchable by issue combined with location (5–500 km radius), name or area of practice, with a shortlist-and-request feature. The APS's companion insomnia 'Seeking help' page explains that psychologists treat insomnia with tailored CBT-I.

WHO IT HELPS

Australians with insomnia or other sleep problems who want a registered psychologist, ideally with a GP Mental Health Treatment Plan for Medicare rebates.

Free to search; psychologist fees vary (APS recommended fee is around A\$300 per standard consultation, with Medicare rebates of roughly A\$96–\$141 available via GP referral). Note: General psychology directory rather than a sleep-specialist list — search by issue and ask about CBT-I experience; only APS members appear.

■ British Acupuncture Council — Find an Acupuncturist

<https://acupuncture.org.uk/find-an-acupuncturist/>

WHAT IT DOES

The BAcC's public register search for traditional acupuncturists by distance (2–100 miles) from a location, showing any conduct sanctions; the BAcC register is part of the Professional Standards Authority's Accredited Registers scheme.

WHO IT HELPS

UK residents considering acupuncture for insomnia or stress-related sleep problems who want a practitioner on a government-backed accredited register.

Free to search; acupuncture sessions typically cost £40–£90 (fees set by each practitioner). Note: Evidence for acupuncture in insomnia is mixed; the register confirms training and conduct standards, not sleep specialisation.

■ Institute for Natural Medicine — Find an ND

<https://naturemed.org/find-an-nd/>

WHAT IT DOES

A non-profit database of licensed naturopathic doctors in the US and Canada who graduated from an accredited naturopathic medical school, passed NABNE board exams and hold a state or provincial licence; many offer telemedicine. Sleep is one of the site's health topics.

WHO IT HELPS

North Americans wanting a licensed (not merely self-styled) naturopathic doctor for integrative approaches to sleep and related metabolic or mood issues.

Free to search; ND consultations typically US\$150–\$400 initial visit, generally private-pay. Note: Not sleep-specific and naturopathic licensure exists in only about half of US states; the linked search database is partly sponsored by a state ND association.

■ Insomnia Coach & CBT-i Coach (US Department of Veterans Affairs)

<https://mobile.va.gov/app/insomnia-coach>

WHAT IT DOES

Two free CBT-I apps from the VA. Insomnia Coach is a self-guided weekly training plan with a sleep diary, sleep coach feedback and 17 tools. CBT-i Coach is a companion app for people doing CBT-I with a provider (education, sleep diary, routines, relaxation). Both on iOS and Android.

WHO IT HELPS

Anyone with insomnia, not just veterans: Insomnia Coach for self-help; CBT-i Coach for people already in CBT-I with a clinician.

Free to download and use; no in-app purchases listed.

■ THIS WAY UP - Insomnia Program (St Vincent's Hospital Sydney)

<https://thiswayup.org.au/programs/insomnia-program/>

WHAT IT DOES

Online CBT-based insomnia course: four story-based modules covering sleep science, stress reduction, relaxation, thought challenging and staying asleep, with sleep diary tracking and action plans. Self-paced over 90 days (extendable), either fully automated self-help or prescribed and monitored by your own clinician.

WHO IT HELPS

Adults with insomnia symptoms for more than three months. Australians can self-enrol; people outside Australia must sign up through a clinician.

Free for both self-help and clinician-prescribed enrolment (funded by the Curran Foundation at St Vincent's Hospital, Sydney). Note: People living outside Australia must enrol via the clinician-supervised pathway rather than self-help.

■ Sleepstation (UK)

<https://www.sleepstation.org.uk/>

WHAT IT DOES

Online CBT-I programme for persistent insomnia: an assessment week, then a step-by-step personalised plan with daily actions (about 10 minutes a day) and messaging support from trained sleep coaches. Most people see improvement over three to four sessions, usually within four weeks.

WHO IT HELPS

UK adults aged 18+ with persistent sleep problems. Not recommended for people with epilepsy, bipolar disorder, psychosis or in active detox.

Free on the NHS in participating areas (self-refer via your GP surgery or ask your GP); otherwise self-pay from £295. Note: Free only via NHS referral in participating areas; otherwise self-pay from £295.

■ Sleepio (Big Health)

<https://www.bighealth.co.uk/sleepio>

WHAT IT DOES

Six-week digital CBT-I programme: weekly interactive sessions tailored from your daily sleep diary and questionnaires, with techniques to practise between sessions (about 10 minutes a day), delivered via web and app.

WHO IT HELPS

Adults 18+ with insomnia or poor sleep. Free NHS access for residents of Scotland and the Frimley and BOB regions of England; elsewhere via an employer or health plan.

Free via the NHS in Scotland and some parts of England (no GP referral needed); otherwise only through employers or health plans, with no direct individual purchase listed. Note: Free only via the NHS in Scotland and some English regions; otherwise access depends on an employer or health plan, as no direct purchase option is listed.

Sleep — Patient Organisations, Helplines & Plain-English Guides

■ SleepEducation.org (American Academy of Sleep Medicine)

<https://sleepeducation.org/>

WHAT IT DOES

The AASM's consumer education site (since 2005): plain-language guides to insomnia, hypersomnias, parasomnias, sleep-related breathing and movement disorders, healthy-sleep tips by age, a bedtime calculator and sleep diary, explanations of sleep studies, CPAP and CBT-I, financial-assistance information and the accredited sleep-centre finder.

WHO IT HELPS

Patients and families in the US (and English speakers generally) who want authoritative explanations of sleep disorders and treatments.

Free; the site accepts advertising and has a sponsored sleep-product guide. Note: Carries advertising and an 'Advertised Products' guide; editorial review process is not described on the site.

■ Sleep Health Foundation (Australia) — Sleep Fact Sheets A–Z

<https://www.sleephealthfoundation.org.au/all-sleep-factsheets-a-z>

WHAT IT DOES

Australia's not-for-profit sleep health charity, established in 2009 from within the Australasian Sleep Association, publishing around 94 evidence-based fact sheets — 40 on sleep disorders (insomnia, narcolepsy, RLS, sleep apnoea) and 54 on topics such as shift work, menopause, children, mental health and jet lag — plus newsletters, reports and Sleep Awareness Week.

WHO IT HELPS

Australians and New Zealanders wanting locally relevant, clinician-reviewed sleep information, including GPs and teachers.

Free; membership and donations optional. Note: Lists corporate partners including ResMed and Takeda; the Foundation states it operates independently with untied funding.

■ The Sleep Charity (UK) — National Sleep Helpline

<https://thesleepcharity.org.uk/national-sleep-helpline/>

WHAT IT DOES

A UK charity providing sleep information for children, teenagers and adults, accredited sleep-practitioner training, and the National Sleep Helpline (03303 530 541) staffed by trained sleep advisors Monday–Thursday 9–11am and Monday, Tuesday and Thursday 7–9pm.

WHO IT HELPS

UK adults, parents of children over 12 months, young people, shift workers and health professionals who want practical, non-medical sleep advice.

Free information; helpline charged at standard network rate; training courses are paid. Note: Advisors cannot give medical advice and it is not a crisis line; babies under 12 months are referred elsewhere.

■ Hypersomnia Foundation

<https://www.hypersomniafoundation.org/>

WHAT IT DOES

A US-based non-profit for idiopathic hypersomnia, narcolepsy and Kleine-Levin syndrome offering plain-language education on symptoms, medicines, school, work and insurance, an international patient registry, clinician education, an international directory of healthcare professionals, an annual conference and a newsletter.

WHO IT HELPS

People with hypersomnia disorders and their families worldwide, plus clinicians and researchers.

Free; donations optional.

■ Restless Legs Syndrome Foundation

<https://www.rls.org/>

WHAT IT DOES

The US non-profit for RLS/Willis-Ekbom disease, providing diagnosis and treatment information, webinars, a network of 17 certified RLS Quality Care Centers (15 in the US plus Lugano and Innsbruck), free weekly virtual support meetings, local groups and over US\$2 million in research grants.

WHO IT HELPS

People with restless legs syndrome or periodic limb movement disorder, their families and the clinicians treating them.

Free information and support meetings; membership (optional) unlocks member publications.

■ Circadian Sleep Disorders Network

<https://www.circadiansleepdisorders.org/>

WHAT IT DOES

An all-volunteer, independent non-profit for people with chronic circadian rhythm disorders such as delayed sleep phase disorder and non-24, offering Q&A documents (English, Spanish, German), accommodation-letter templates for school and work, a patient registry and a patient-recommended Find a Doctor list covering 30 US states and 16 other countries.

WHO IT HELPS

Night owls and people with DSPD or Non-24 who struggle to be understood by employers, schools and general clinicians.

Free resources and printed brochures; membership dues optional. Note: Small volunteer organisation; its doctor list is based on patient suggestions and is not vetted.

Sleep — Peer Support Groups & Communities

■ Narcolepsy Network — Online Peer Support Groups

<https://narcolepsynetwork.org/virtual-support-group-meeting/>

WHAT IT DOES

Weekly national Zoom peer-support meetings run by the US patient organisation founded in 1986: every Thursday 8pm ET for people with narcolepsy or idiopathic hypersomnia, and every second Thursday 6:45pm ET for parents and supporters, plus a state-by-state list of local peer-led groups and a Facebook community.

WHO IT HELPS

People living with narcolepsy or IH and the parents and partners supporting them.

Free (requires a free Zoom account); membership optional. Note: Groups exclude clinicians, researchers, industry staff and active trial participants; local group list depends on a locator widget that may load slowly.

■ Wake Up Narcolepsy — Online Narcolepsy Support Groups

<https://www.wakeupnarcolepsy.org/online-narcolepsy-support-groups/>

WHAT IT DOES

Nine free weekly online peer-support groups hosted on the HeyPeers platform, open worldwide to people with narcolepsy (and idiopathic hypersomnia) and their families, alongside Brown Bag webinars, a Family Weekend for children and teens and research funding.

WHO IT HELPS

Adults, teens and families affected by narcolepsy who want regular live peer support regardless of location.

Free; donations optional. Note: 2026 support groups are sponsored by pharmaceutical companies (Takeda, Alkermes, Jazz, Centessa); groups are peer-led, not therapy.

■ Project Sleep

<https://project-sleep.com/about/>

WHAT IT DOES

A patient-led sleep advocacy non-profit running a free Sleep Helpline with personalised support, the Rising Voices speaker-training programme, the Narcolepsy Nerd Alert and Sleep Apnea Squad peer-learning communities, narcolepsy scholarships, World Narcolepsy Day and a podcast.

WHO IT HELPS

People with narcolepsy, sleep apnea and other sleep disorders who want peer connection and to become advocates.

Free; donations optional. Note: Homepage uses a JavaScript challenge that may block some browsers; advocacy-focused rather than clinical.

■ **WSCN (formerly American Sleep Apnea Association) — AWAKE Peer Mentor Program**

<https://www.sleephealth.org/wscn/awake-peer-mentor-program/>

WHAT IT DOES

Free virtual one-on-one mentoring that pairs people new to or struggling with CPAP/PAP therapy with experienced users, built on 25+ years of the A.W.A.K.E. sleep apnea support group network; the organisation also runs a CPAP Assistance Program and patient education.

WHO IT HELPS

People with sleep apnea starting PAP therapy, especially those with mask, comfort or adherence problems.

Free; donations optional. Note: The ASAA rebranded as the Wellness, Sleep & Circadian Network in June 2025 and the old sleepapnea.org domain is now a commercial site owned by Sleep Doctor Holdings; use sleephealth.org.

■ **Apnea Board Forum**

<https://www.apneaboard.com/forums/index.php>

WHAT IT DOES

A long-running, donation-supported peer forum for sleep apnea and CPAP users with over 380,000 posts, a software-support forum for OSCAR and similar therapy-data tools, free CPAP clinical manuals and named volunteer moderators.

WHO IT HELPS

CPAP users worldwide who want help interpreting their therapy data, fixing mask and pressure problems or understanding their equipment.

Free account; run on member donations (not tax-deductible). Note: Peer advice, not medical advice; some members discuss self-adjusting CPAP settings, which should be done with a clinician.

■ **Hope2Sleep Charity (UK) — Sleep Apnoea Support Group**

<https://www.hope2sleep.co.uk/>

WHAT IT DOES

A UK charity run by sleep apnoea patients, CPAP/NIV users and sleep professionals offering a private Facebook support group of 10,400+ members, a forum, a phone line, free appointments at the charity and practical guides on CPAP, UARS, children's sleep apnoea and DVLA driving rules.

WHO IT HELPS

UK people with sleep apnoea or sleep-disordered breathing, especially new CPAP users and their partners.

Free support and information; small online shop for masks and accessories (£10–£150). Note: Main community lives in a private Facebook group; the charity sells CPAP accessories to fund itself.

■ **RLS-UK / EARLS Restless Legs Syndrome Community (HealthUnlocked)**

<https://healthunlocked.com/rlsuk>

WHAT IT DOES

An active moderated online community for restless legs syndrome hosted on the HealthUnlocked health-network platform, run in connection with the UK charity RLS-UK and the European Alliance for Restless Legs Syndrome, where members share experiences of treatments, augmentation and daily management.

WHO IT HELPS

People in the UK and Europe (and worldwide) living with RLS or PLMD who want peer advice and a place to ask questions.

Free to read and join; RLS-UK membership optional at £15 per year. Note: Peer discussion often covers prescription medicines (e.g. [gabapentin](#), [buprenorphine](#)); treat as experience-sharing, not medical advice.

■ **Hypersomnolence Australia — Living with IH / Living with Narcolepsy Groups**

<https://www.hypersomnolenceaustralia.org.au/supportgroup>

WHAT IT DOES

Monthly peer-led online community groups for Australians and New Zealanders diagnosed with idiopathic hypersomnia (3rd Wednesday) or narcolepsy (1st Wednesday) via Google Meet, with occasional in-person meet-ups, parent/carer sessions, and vetted recommendations of independent Facebook groups.

WHO IT HELPS

Adults in Australia and New Zealand with a confirmed IH or narcolepsy diagnosis, and parents of diagnosed minors.

Free; donations optional. Note: Registration required at least 24 hours before first meeting; the page itself warns that recommended Facebook groups cannot verify members or claims.

09

Self-Help Library — Books, Audiobooks, Courses, Apps & Tools

SELF-HELP

Self-Help Library — Books, Audiobooks, Courses, Apps & Tools

Everything else in Discover points you to other people. This chapter is for what you can do yourself, tonight, with a library card or a phone: the books, audiobooks, workbooks, free courses, videos, podcasts, apps and printable tools that people and clinicians keep coming back to because they produce results. It covers the same ground as the rest of the directory — metabolic health and type 2 diabetes remission, ketogenic therapy for mental health (metabolic psychiatry), depression and anxiety, trauma and addiction recovery, ADHD, autism and other neurodivergence, sleep, cooking and eating on a budget, movement and breathing, and living with chronic pain and long-term illness. Each listing says what the resource teaches and the evidence behind it (a trial, a clinical scheme, an award, or very wide use), who it suits, what it costs and whether an audiobook exists; most books are free from public libraries. Where a well-known resource has real criticisms, the listing says so. None of it replaces your own clinician, and nothing here means changing medication on your own. Every resource was opened and checked before it was added.

Metabolic Health — Books, Audiobooks, Courses & Free Guides

- **Life Without Diabetes: The definitive guide to understanding and reversing type 2 diabetes — Professor Roy Taylor (book & audiobook)**

<https://simonandschuster.com.au/books/Life-Without-Diabetes/Roy-Taylor/9781761633256>

WHAT IT DOES

The book from the Newcastle University scientist who showed type 2 diabetes can be put into remission. It explains how losing 10–15 kg clears fat from the liver and pancreas, then gives the three-step Newcastle plan: an 8–12 week low-calorie phase, food reintroduction and long-term weight maintenance, with recipes. His DiRECT trial (The Lancet, 2018) found 46% of people in remission at one year.

WHO IT HELPS

People with type 2 diabetes or prediabetes, especially soon after diagnosis (not type 1). If you take insulin, sulfonylureas or blood-pressure medication, plan the low-calorie phase with your GP.

Paperback, ebook (approx. A\$13) and unabridged audiobook; updated edition June 2025; widely available from public libraries.

- **Why We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease—and How to Fight It — Benjamin Bikman PhD (book & audiobook)**

<https://benbellabooks.com/shop/why-we-get-sick/>

WHAT IT DOES

A metabolic scientist's plain-English explanation of insulin resistance — what it is, how to tell if you have it, and why it underlies weight gain, type 2 diabetes, fatty liver and PCOS — followed by a practical plan: fewer refined carbohydrates, enough protein, whole-food fats, time-restricted eating and strength exercise, with food lists. Often recommended by metabolic-health clinicians; 2020 Foreword INDIES honourable mention.

WHO IT HELPS

People who want to understand the mechanism behind prediabetes, weight gain or metabolic syndrome before changing how they eat. If you take insulin or glucose-lowering drugs, involve your prescriber before cutting carbohydrate.

Paperback and ebook (US\$12.99–18.95) plus audiobook (approx. US\$15–25); widely available from public libraries including Hoopla and OverDrive. Note: Argues insulin resistance underlies most chronic disease, including cancer and Alzheimer's, beyond the settled evidence; the author co-founded a meal-replacement company.

■ **The Obesity Code & The Diabetes Code — Dr Jason Fung (books & audiobooks)**

<https://www.doctorjasonfung.com/>

WHAT IT DOES

Two companion books by the kidney specialist who brought intermittent fasting into weight and diabetes care. The Obesity Code argues that weight gain is driven by hormones, chiefly insulin, not willpower, and gives five steps: cut added sugar and refined grains, eat more fibre and natural fats, moderate protein, and fast. The Diabetes Code applies this to type 2 diabetes. Over 2 million copies sold.

WHO IT HELPS

Adults with excess weight, prediabetes or type 2 diabetes struggling with calorie-counting. On insulin, sulfonylureas or SGLT2 inhibitors, involve your prescriber first; not for eating-disorder histories or pregnancy.

Paperback, ebook and audiobook for both titles (approx. US\$12–20 each); companion cookbooks and journal also available; widely held by public libraries. Note: Fung's insulin-centred model and dismissal of calorie balance are disputed by many obesity researchers, and he is sharply critical of diabetes medication.

■ **Metabolic: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine — Robert H. Lustig MD (book & audiobook)**

<https://www.robertlustig.com/metabolic/>

WHAT IT DOES

The paediatric endocrinologist behind the 2009 lecture 'Sugar: The Bitter Truth' sets out how processed food drives the eight cellular processes behind chronic disease and why medicine treats symptoms instead. The practical core is two supermarket rules: protect the liver (cut added sugar and refined carbohydrate) and feed the gut (eat fibre in whole foods). Successor to his New York Times bestseller Fat Chance.

WHO IT HELPS

Readers, including parents, who want the big picture on sugar, processed food and metabolic disease and simple eating rules. Long and argumentative rather than a step-by-step meal plan.

Hardcover, paperback, ebook and audiobook (approx. US\$13–20; audiobook on Audible and library apps such as Hoopla); widely available from public libraries. Note: Some nutrition scientists consider Lustig's case against sugar overstated and the book more manifesto than manual; its practical rules match mainstream advice.

■ **Ultra-Processed People: Why We Can't Stop Eating Food That Isn't Food — Chris van Tulleken (book & audiobook)**

<https://www.penguinrandomhouse.com/books/744755/ultra-processed-people-by-c>

WHAT IT DOES

An infectious-diseases doctor spends a month eating 80% ultra-processed food, then explains what UPF is, how it is engineered to be overeaten, and what it does to appetite, weight and metabolic health. The takeaway is a simple test: does the ingredients list contain things you would not find in a home kitchen? New York Times bestseller; 2024 Fortnum & Mason Debut Food Book Award.

WHO IT HELPS

Anyone, including parents, who wants to understand why they overeat some foods and change what goes in the trolley. About the food environment, not a programme: no meal plan.

Hardcover, paperback, ebook and audiobook (11 h 36 min, read by the author and his twin brother; approx. US\$12–26); very widely available from public libraries. Note: Reviewers note the mechanisms by which UPF harms health are being established and some statistics are disputed; the core advice is mainstream.

■ **The Art and Science of Low Carbohydrate Living — Stephen D. Phinney MD PhD & Jeff S. Volek PhD RD (book)**

<https://books.google.com/books?vid=ISBN9780983490708>

WHAT IT DOES

The foundational 2011 text of low-carbohydrate and ketogenic nutrition, by the two researchers whose work underpins most clinical low-carb teaching. It explains insulin resistance as 'carbohydrate intolerance', how the body adapts to running on fat and ketones, why the first weeks feel rough and how to manage them (salt, magnesium, protein targets). The authors later co-founded Virta Health and co-authored its type 2 diabetes trials.

WHO IT HELPS

People who want the full science and practical detail of a well-formulated low-carb or ketogenic diet, and clinicians and carers supporting them. Technical and dense; not a gentle first introduction. If you take insulin, sulfonylureas or blood-pressure medication, involve your prescriber before starting; doses often need lowering within days.

Paperback and Kindle ebook (approx. US\$20–30); no audiobook; the link is the Google Books page, which has a 'Find in a library' option. The authors' own site was unreachable from Australia when checked. Note: The authors' view that saturated fat is harmless within a ketogenic diet is disputed by mainstream cardiology, so have your lipids checked.

■ **Diet Doctor — free low-carb & keto guides, recipes and video courses**

<https://www.dietdoctor.com/low-carb>

WHAT IT DOES

Self-described as the world's largest low-carb and keto education site, where everything necessary is free: beginner and type 2 diabetes guides, visual carbohydrate guides, more than 1,000 recipes, a two-week challenge and leaflets in around 40 languages. Every guide is doctor-written or reviewed, with research claims linked and graded. Around 500,000 visits a day; funded by membership, not adverts.

WHO IT HELPS

Anyone starting low-carb or keto for weight, prediabetes or type 2 diabetes wanting trustworthy free guidance. If you take diabetes or blood-pressure medication, involve your doctor first; doses need reducing.

Free guides, recipes, two-week challenge, starter video course and recipe app. Diet Doctor Plus (meal plans, programmes, full courses) US\$14.99/month or US\$119/year; no ads.

■ **Freshwell Low Carb Project — free website, app and meal planners from NHS GPs**

<https://lowcarbfreshwell.com/>

WHAT IT DOES

A free, self-guided low-carb programme from two NHS GPs in Essex, created after their patients lost weight and came off medication on real-food, lower-carbohydrate eating. It offers a one-page guide to what to eat, a red/amber/green food guide, free four-week meal planners, videos and a free app. Across its local NHS network, 339 patients lost a combined 1,103 kg in 18 months.

WHO IT HELPS

Anyone with excess weight, prediabetes or type 2 diabetes wanting a simple, no-cost start from family doctors; also a GP handout. Ask your prescriber first if on insulin or sulfonylureas.

Free; website, downloadable PDF guides and meal planners, and the Freshwell app (iOS and Android); no referral, account or payment needed.

■ **Public Health Collaboration — free Real Food booklets & Dr David Unwin's sugar infographics**

<https://phcuk.org/resources/>

WHAT IT DOES

Free, printable patient resources from a UK metabolic-health charity, built around GP Dr David Unwin's work. His sugar infographics show the blood-glucose effect of everyday foods as teaspoons of table sugar, in about 40 languages, alongside Real Food booklets and his Norwood Protocol for GP practices. Unwin's practice audit (BMJ Nutrition, Prevention & Health, 2023) reported drug-free remission in 51% of 186 patients.

WHO IT HELPS

People with prediabetes or type 2 diabetes, and their families, wanting a few clear pages for the fridge; also a tested clinician handout. Make medication changes with your doctor.

Free PDF downloads (infographics in about 40 languages, booklets in English and Italian); printed packs come with paid UK membership; optional email sign-up. Note: NICE withdrew its 2016 endorsement of the sugar infographics in 2020 for implying support for a low-carbohydrate diet, not for inaccuracy.

■ **Reversing Type 2 diabetes starts with ignoring the guidelines — Dr Sarah Hallberg, TEDxPurdueU (free video)**

<https://www.virtahealth.com/blog/dr-sarah-hallberg-ted-talk-reversing-diabetes>

WHAT IT DOES

An 18-minute 2015 TEDx talk, watched more than 8 million times, where a physician running a supervised weight-loss clinic explains why a disease of carbohydrate intolerance is poorly served by advice to eat 'healthy carbs', and what happened when her patients went low-carb. She later led the Virta Health trial (Diabetes Therapy, 2018): about 60% of those who completed the year met its definition of diabetes reversal (HbA1c below 6.5% on no diabetes medication, or metformin only).

WHO IT HELPS

Anyone with type 2 diabetes who needs to hear from a physician that remission is possible. A talk, not a programme; have your doctor adjust medication as her patients did.

Free; the TEDx video is on YouTube and embedded on Virta Health's page; no account needed.

■ **Adapt Your Life Academy — Dr Eric Westman (free YouTube videos & paid keto courses)**

<https://adaptyourlifeacademy.com/>

WHAT IT DOES

Plain-spoken low-carb and keto education from the Duke University physician who ran some of the first clinical trials of ketogenic diets for type 2 diabetes. Free YouTube videos and a newsletter sit alongside paid courses, starting with a US\$15 beginner course. The method is deliberately simple: a one-page food list, a daily carbohydrate ceiling (typically 20 g to start), eat when hungry, no calorie counting.

WHO IT HELPS

People who want a doctor to say what to eat for weight or diabetes, no tracking. On insulin or sulfonylureas, your prescriber must adjust doses as glucose falls.

YouTube channel and newsletter free; Start Keto Right course US\$15; other courses paid (prices vary, periodic enrolment windows). Note: Results are student testimonials rather than trials, and the Academy also sells a carnivore-diet course that goes beyond the evidence.

Metabolic Psychiatry — Ketogenic Therapy for Mental Health

■ Brain Energy: A Revolutionary Breakthrough in Understanding Mental Health — Christopher M. Palmer MD (book & audiobook)

<https://brainenergy.com/>

WHAT IT DOES

The book that brought 'metabolic psychiatry' to a general audience. Palmer, a Harvard psychiatrist, argues that depression, bipolar disorder, schizophrenia and addiction share a root in how brain cells make and use energy, then works through the levers: sleep, light, exercise, alcohol, medications and diet, including the medical ketogenic diet. Evidence is early but real, including the Stanford pilot (2024: 21 adults, average 31% improvement).

WHO IT HELPS

Anyone with a serious or stubborn mental illness, and their families, who want an explanation of why metabolism matters. Not a diet manual; never change psychiatric medication without your prescriber.

Hardcover (approx. US\$29), ebook (approx. US\$15) and unabridged audiobook read by the author (12 h 30 min); widely held by public libraries. Note: The 'brain energy theory' is a hypothesis still being tested; evidence for ketogenic therapy in psychiatry remains pilot trials and case series.

■ Change Your Diet, Change Your Mind: A Powerful Plan to Improve Mood, Overcome Anxiety, and Protect Memory for a Lifetime of Optimal Mental Health — Georgia Ede MD (book & audiobook)

<https://www.diagnosisdiet.com/change-your-diet-change-your-mind>

WHAT IT DOES

The practical companion to Brain Energy: a Harvard-trained psychiatrist shows what to eat. Ede explains how to check whether you are insulin resistant, then offers plans of increasing strictness: a whole-food moderate-carbohydrate plan, a ketogenic plan and a carnivore-style elimination option, with food lists and medication guidance. She co-authored the first inpatient ketogenic-diet study in treatment-resistant mental illness (2022) and led the 2026 expert consensus.

WHO IT HELPS

People or carers wanting a food-first plan for depression, anxiety, bipolar disorder, ADHD, cravings or memory concerns. Do the ketogenic chapters with your prescriber; not for crisis or underweight anorexia.

Hardcover (US\$32.50), paperback (US\$21.99), ebook (US\$14.99) and unabridged audiobook (US\$31.99); widely available from public libraries; newsletter subscribers get a free guide to refined carbohydrates. Note: Ede's positions on red meat, saturated fat and plant-based diets run against mainstream dietary guidelines, and the mental-health evidence is still pilot-stage.

■ THINK+SMART — free self-guided ketogenic therapy & lifestyle program (Metabolic Mind)

<https://www.metabolicmind.org/thinksmart/>

WHAT IT DOES

A free programme for trying ketogenic therapy for a psychiatric condition, with a plan to take to your care team. THINK covers the diet in clinic order: baseline blood tests, protein and fat targets, ketone goals. SMART covers Sleep, Move, Avoid, Rebuild and Track. Sign-up brings three e-books, worksheets, a multi-month email course and recovery stories. Built by the Baszucki family after their son's recovery.

WHO IT HELPS

Adults with bipolar disorder, schizophrenia, depression, anxiety or OCD stable enough to plan a change, and their families. Self-guided: arrange the supervision it describes; not during an acute episode.

Free; email sign-up required to receive the e-books, worksheets and email course; no app or purchase needed. Note: Self-guided and not itself tested in a trial; the evidence for ketogenic therapy in psychiatry remains pilot studies and case series.

■ **Dr Georgia Ede's Guide to Ketogenic Diets and Psychiatric Medications — free PDF, with Metabolic Mind's 'Keto & Psych Meds' resources**

<https://www.metabolicmind.org/resources/topics/keto-and-psych-meds/>

WHAT IT DOES

The most important safety document here. Ketosis can change how some psychiatric medicines behave: doses may need adjusting early, blood levels monitoring more closely, and blood-pressure and diabetes medicines lowering quickly. Psychiatrist Georgia Ede's free guide explains those interactions in plain language, what to monitor and when, and the principles of slow, supervised tapering only if your prescriber agrees. Explainer videos cover the same ground.

WHO IT HELPS

Anyone on psychiatric, blood-pressure or diabetes medication considering ketogenic therapy; also a handout for GPs and psychiatrists new to it. For working with your prescriber, not do-it-yourself tapering.

Free; the guide downloads as a PDF directly from the page without payment or sign-up; videos are free on YouTube. Note: Discusses medication tapering, which the guide insists happens only under your prescriber; it links to third-party tapering services NotBroken has not reviewed.

■ **Metabolic Mind Podcast & YouTube channel — Dr Bret Scher (free)**

<https://www.metabolicmind.org/resources/library/podcasts/metabolic-mind-podcast/>

WHAT IT DOES

The field's running record: around 210 free episodes, twice a week, in which cardiologist Bret Scher interviews the researchers behind metabolic psychiatry (Chris Palmer, Georgia Ede), clinicians using ketogenic therapy day to day, and people who have recovered with it, plus explainers, breakdowns of each new study and 'Metabolic Mailbag' listener questions on ketone targets, plateaus and medications. Everything is also on YouTube.

WHO IT HELPS

Patients, families and clinicians who want to follow the science and hear how people manage the diet. Education to discuss with your care team, not instructions, especially on medication changes.

Free on Apple Podcasts, Spotify, YouTube and the Metabolic Mind website; no account needed. Note: Produced by a Baszucki-funded advocacy non-profit; candid that evidence is early but hopeful in tone, so weigh it alongside your clinician's advice.

■ **Bipolarcast — Dr Iain Campbell & Matt Baszucki on ketogenic therapy for bipolar disorder (free video podcast)**

<https://www.youtube.com/playlist?list=PLzWI83-NWCL7WpANN8fBuFgsNmgSkupFz>

WHAT IT DOES

A 27-episode video podcast by two people with bipolar disorder who use ketogenic therapy to stay well. Iain Campbell was first author of the first European pilot of a ketogenic diet in bipolar disorder at Edinburgh; Matt Baszucki recovered from bipolar I disorder with sleep, exercise and a ketogenic diet with his doctors. They interview peers and experts and talk frankly about living with the diet, setbacks included.

WHO IT HELPS

People with bipolar disorder, and their families, who want peers' accounts of living on ketogenic therapy. Experience, not evidence; diet and medication decisions belong with your psychiatrist; not crisis care.

Free; 27 videos on YouTube in the Metabolic Mind channel playlist; episodes also appear on the Metabolic Mind bipolar disorder hub. Note: Lived experience, not trial results; the co-host's Edinburgh pilot found the diet feasible but was not powered to show mood benefits.

■ **The Scientific and Clinical Rationale for the Use of Ketogenic Diets in Psychiatric Conditions — Dr Georgia Ede's free letter to take to your clinician**

<https://www.diagnosisdiet.com/full-article/free-resource-for-clinicians-and-patients>

WHAT IT DOES

A four-page PDF, updated regularly, with one job: giving a sceptical or unfamiliar doctor the published evidence for considering a ketogenic diet in psychiatric conditions, with live links to studies and clinical resources, in the language clinicians use with each other. Ede wrote it for the clinicians she trains to hand to colleagues, and now offers it to patients and families who have met resistance.

WHO IT HELPS

Anyone unsure how to raise ketogenic therapy with their psychiatrist, GP or dietitian, and carers advocating for a relative. It argues for supervised treatment, not doing it yourself.

Free PDF download from the author's site; no email required.

■ **Awareness and best practices in using ketogenic therapy to treat serious mental illness: a modified Delphi consensus — Ede, Bernstein, Calabrese, Campbell, Laurent, Palmer, Sethi & Zupec-Kania (free open-access paper, Frontiers in Nutrition 2026)**

<https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2026.1749406/full>

WHAT IT DOES

The closest thing the field has to a rulebook, and free. Eight clinicians drafted 33 statements on what ketogenic therapy for serious mental illness is, who it suits and how to monitor it; 47 clinicians then voted and every statement passed with 89–100% agreement. Key points: an add-on to medication and therapy, never a replacement, and never alone during new mania, psychosis or suicidal thoughts.

WHO IT HELPS

Anyone planning ketogenic therapy for bipolar disorder, schizophrenia, depression or similar, and the clinician supervising them; print it for the appointment. Clinician language, but readable by a patient or carer.

Free; open-access article (HTML and PDF) in Frontiers in Nutrition, published February 2026; also linked from Metabolic Mind and diagnosisdiet.com. Note: Baszucki-funded expert opinion from clinicians who practise, and sometimes earn from, ketogenic therapy; a safety framework, not proof that it works.

■ **Metabolic Mind Training & Education — free accredited CME courses in metabolic psychiatry (Palmer, Ede, Bernstein, Scher, Kelly, Sarnyai, Milder)**

<https://www.metabolicmind.org/for-clinicians/trainings-courses/>

WHAT IT DOES

Seven free, accredited online courses on myCME for health professionals supervising ketogenic therapy: Chris Palmer on the metabolic theory of mental illness, Georgia Ede on dietary change for major mental illness, Matthew Bernstein on the evidence, Bret Scher on cardiovascular safety, plus medication effects, mechanisms and type 2 diabetes. Patients can send the page to their own clinician; a clinician who has not been trained is a common barrier.

WHO IT HELPS

Psychiatrists, GPs, psychologists, dietitians and nurses supporting a patient on ketogenic therapy, and patients and families wanting a free way to upskill their clinician. Not a patient programme.

Free; AMA PRA Category 1 CME and CNE/CE credit via myCME (US accreditation; recognition varies by country). Partner courses on the same page are paid.

■ **Huberman Lab: Dr. Chris Palmer — Diet & Nutrition for Mental Health (free three-hour episode, video & audio)**

<https://hubermanlab.com/dr-chris-palmer-diet-nutrition-for-mental-health/>

WHAT IT DOES

The conversation that carried Brain Energy's ideas to a mass audience, released alongside the book in 2022. Three hours of Palmer explaining to neuroscientist Andrew Huberman how diet, fasting and ketosis affect depression, schizophrenia and bipolar disorder, why the ketogenic diet works in epilepsy, and where GLP-1 drugs fit. Chaptered with timestamps and a transcript to jump to your own condition.

WHO IT HELPS

Anyone curious about the metabolic approach, or their family, wanting a free introduction before a book or diet. A science conversation, not clinical guidance; change medication only with a doctor.

Free on YouTube, Apple Podcasts and Spotify; timestamps and transcript on the episode page; no account needed. The podcast carries sponsor advertisements. Note: A long-form conversation rather than clinical guidance, and the show carries supplement and device sponsorships unrelated to the content.

Mental Health — Evidence-Based Self-Help Books, Workbooks & Online CBT

■ **Feeling Good: The New Mood Therapy — David D. Burns MD (book & audiobook)**

<https://feelinggood.com/books/>

WHAT IT DOES

The original cognitive behavioural therapy (CBT) self-help book (1980, revised 1999). It teaches you to notice the distorted thoughts that drive low mood, write them down and answer them with realistic ones. One of few self-help books trialled as a stand-alone treatment: in randomised trials, adults with mild to moderate depression who read it improved against a waiting list. More than 4 million copies sold.

WHO IT HELPS

Adults with low mood, mild to moderate depression or harsh self-criticism who want a structured, pen-and-paper, do-it-yourself method. Not a replacement for professional care in severe depression or crisis.

Paperback, ebook and unabridged audiobook (approx. US\$10–20 / A\$20–30); widely held by public libraries. Feeling Great app free to try, optional subscription.

■ **Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think — Dennis Greenberger PhD & Christine A. Padesky PhD (workbook & free worksheets)**

<https://www.mindovermood.com/>

WHAT IT DOES

The standard CBT workbook: 60 worksheets that teach you to track moods, catch and test the thoughts behind them, build new core beliefs and plan to stay well, covering depression, anxiety, panic, anger, guilt and shame. More than 1.3 million copies in print; on the NHS Reading Well 'Books on Prescription' list and named by the BABCP 'The Most Influential Cognitive-Behavioral Therapy Publication'.

WHO IT HELPS

Anyone who wants to do CBT alone or between therapy sessions and will fill in worksheets over weeks. Does not replace treatment for severe depression, bipolar disorder or suicidal thoughts.

Paperback and PDF ebook (US\$26.95 each); no audiobook; widely available from public libraries and free through Reading Well; some worksheets free online.

- **The Happiness Trap (Second Edition): How to Stop Struggling and Start Living — Dr Russ Harris (book, audiobook & free resources)**

<https://thehappinesstrap.com/>

WHAT IT DOES

The best-selling introduction to Acceptance and Commitment Therapy (ACT), which teaches you to stop fighting painful thoughts and feelings, make room for them and live by your values, with exercises for unhooking from worry and self-criticism. The book itself has been tested: a randomised trial (2011) found people given it had better mental health two months later. Over a million copies sold; second edition 2022.

WHO IT HELPS

People stuck in worry, anxiety, low mood or perfectionism who find 'just think positive' makes things worse, or want a looser relationship with a busy mind. Not a crisis resource.

Paperback (US\$19.95), ebook and unabridged audiobook (approx. US\$15–25 / A\$20–35); widely available from public libraries. Free videos, sample chapter and worksheets online; 8-week programme US\$295.

- **Self-Compassion: The Proven Power of Being Kind to Yourself — Kristin Neff PhD (book, audiobook & free guided practices)**

<https://self-compassion.org/>

WHAT IT DOES

The book that founded the field of self-compassion research, from the psychologist who defined and measured it. It explains why treating yourself as you would a struggling friend works better than self-criticism, and teaches practices: the self-compassion break, compassionate letter-writing and loving-kindness meditation. The eight-week Mindful Self-Compassion programme was tested in a randomised controlled trial (2013). Nineteen guided practices are free on her website.

WHO IT HELPS

People with a relentlessly harsh inner voice, who feel 'not enough' or burn out caring for others. Not trauma therapy; self-kindness can stir up grief at first, so go slowly.

Paperback, ebook and audiobook (approx. US\$12–20 / A\$20–30); widely available from public libraries including Hoopla. Guided practices, exercises and self-compassion test free on self-compassion.org.

- **The Mindful Way through Depression, Second Edition: Freeing Yourself from Chronic Unhappiness — Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn (book with guided audio)**

<https://www.guilford.com/books/The-Mindful-Way-through-Depression/Williams-Teasdale-Segal-Kabat-Zinn/9781593851286>

WHAT IT DOES

The self-help version of Mindfulness-Based Cognitive Therapy (MBCT), by the three psychologists who invented it and Jon Kabat-Zinn, with audio he narrates. It explains why trying to think your way out of sadness deepens rumination, then walks you through an eight-week programme of short meditations. A pooled analysis of nine randomised trials (2016) found MBCT cut relapse by 31%; NICE recommends it for recurrent depression.

WHO IT HELPS

People with past depression who want a way to stop it returning, or caught in chronic overthinking. Start after an acute episode; not a substitute for treatment when severely depressed.

Paperback (US\$23.95), hardcover and ebook from Guilford Press, with free downloadable guided meditations; unabridged audiobook also available; widely held by public libraries.

- **Overcoming Unwanted Intrusive Thoughts: A CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts — Sally M. Winston PsyD & Martin N. Seif PhD (book & audiobook)**

<https://www.hachette.co.uk/titles/sally-m-winston/overcoming-unwanted-intrusive-thoughts/9781626254343/>

WHAT IT DOES

The book anxiety specialists hand to people terrified by their thoughts: images of harming someone, blasphemous or sexual thoughts, 'what if I lose control' fears. The authors explain these are common, say nothing about who you are, and are kept alive by the struggle against them, then teach a two-step CBT-based approach for letting them pass. Recommended by the Association for Behavioral and Cognitive Therapies.

WHO IT HELPS

Anyone frightened or ashamed of intrusive thoughts, including OCD, postnatal anxiety, health anxiety or panic. Not a complete OCD treatment; seek urgent help if you fear acting on a thought.

Paperback (approx. US\$17 / £16.99 / A\$30), ebook and unabridged audiobook (Audible and library services); widely held by public libraries including Hoopla.

- **Centre for Clinical Interventions (CCI) — free CBT self-help workbooks: Back from the Bluez, What? Me Worry?, Panic, Self-Esteem, Perfectionism and more**

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

WHAT IT DOES

CBT self-help workbooks from clinical psychologists at a public specialist clinic in Perth, given away as PDFs by the Western Australian health department. Short modules walk you through the therapy a psychologist would deliver: Back from the Bluez (depression), What? Me Worry? (generalised anxiety), and panic, self-esteem, bipolar disorder and disordered eating. Often recommended by GPs and psychologists in Australia, the UK and North America.

WHO IT HELPS

Anyone wanting a free, structured CBT programme to work through, and people waiting for therapy. No substitute for diagnosis or treatment, CCI says; involve your doctor if symptoms are severe.

Free; PDF modules and whole-workbook ZIP downloads; no account needed.

- **Getselfhelp.co.uk — free CBT self-help guides, worksheets, MP3s and courses (Carol Vivyan)**

<https://www.getselfhelp.co.uk/>

WHAT IT DOES

An ad-free library of CBT self-help that a UK mental-health nurse and cognitive therapist has given away for 25 years: problem-by-problem guides (depression, anxiety, panic, OCD, PTSD, anger and more), hundreds of printable worksheets, relaxation MP3s and a free CBT course. A published survey found it UK therapists' most popular source of CBT materials, so its handouts are often those used in NHS Talking Therapies.

WHO IT HELPS

Anyone wanting a free, printable explanation and a worksheet to start today, or extra copies of standard CBT tools. Not a service; people in crisis are pointed to emergency help.

Free; website with downloadable PDFs and MP3s; no account needed (donations invited).

■ **Reading Well for mental health (Books on Prescription) — The Reading Agency & Libraries Connected (free from public libraries)**

<https://readingagency.org.uk/get-reading/our-programmes-and-campaigns/reading-well/reading-well-for-mental-health/>

WHAT IT DOES

A clinician-vetted list of 37 self-help books you can borrow free from any public library in England and Wales, chosen with people with lived experience and supported by the Royal Colleges of GPs, Psychiatrists and Nurses, Mind and NHS England. It covers CBT, mindfulness, depression, anxiety, OCD, sleep and grief. Over 4.3 million books borrowed across the Reading Well lists; 92% of people surveyed found theirs helpful.

WHO IT HELPS

Anyone who wants a doctor-approved self-help book without guessing, and people waiting for therapy. Lending is England and Wales only; the booklist is a shortlist anywhere, most titles available worldwide.

Free to borrow from public libraries in England and Wales (print, ebook, audiobook); booklist and leaflet free to download; elsewhere, request titles from your library.

■ **Healthy Minds Program app — Humin (formerly Healthy Minds Innovations) & the Center for Healthy Minds, University of Wisconsin–Madison (free meditation & well-being training)**

<https://www.humin.org/wellbeing-tools/app>

WHAT IT DOES

A free, ad-free app from neuroscientist Richard Davidson's lab that teaches well-being as trainable skills across four pillars: awareness, connection, insight and purpose. Short podcast-style lessons are followed by guided practices of 5–30 minutes. Unlike most meditation apps it has randomised-trial evidence: in a 343-person trial (2020), eight weeks of use lowered psychological distress against a waitlist, with 70% improving meaningfully versus 49% of controls.

WHO IT HELPS

People wanting a structured, science-grounded way to learn meditation and emotional skills without a subscription, or put off by commercial apps. Not a substitute for treating depression or anxiety disorders.

Free; iOS and Android; no paywall or subscription, funded by donations to a non-profit.

■ **THIS WAY UP — Depression, Mixed Depression & Anxiety, Generalised Anxiety, Panic, Social Anxiety and Worry programs (St Vincent's Hospital Sydney, online CBT)**

<https://thiswayup.org.au/programs/>

WHAT IT DOES

Online CBT courses from St Vincent's Hospital Sydney's anxiety and depression research unit: six lessons (about 20 minutes) with homework and symptom check-ins, self-paced over 90 days. Programs cover depression, generalised anxiety, panic, OCD, PTSD and perinatal mental health. The service reports trials with more than 1,400 patients and around 60 peer-reviewed papers, and is accredited to Australia's national digital mental health standards.

WHO IT HELPS

Adults in Australia with mild to moderate depression or anxiety who want a CBT course from home; clinician-guided suits mild to severe. Not for crisis; self-guided means no clinical contact.

Free with a clinician's prescription (they monitor your scores); self-guided A\$59 per program (90 days), or covered by some Australian private health insurers.

■ **MindSpot Clinic — free online assessment, treatment courses and brief teletherapy for anxiety and depression (Macquarie University)**

<https://www.mindspot.org.au/>

WHAT IT DOES

A free national digital clinic for Australian adults, run by Macquarie University and government-funded since 2012. After an online questionnaire and a phone consultation with a therapist, you choose between an eight-week online CBT course with therapist support, four phone sessions of brief teletherapy, or six weeks of daily well-being text messages. It has supported over 250,000 Australians and reports an average 50% symptom reduction.

WHO IT HELPS

Adults in Australia with anxiety, depression or stress who want assessment and a guided course without cost, waiting lists or referral. Not a crisis service; for mild to moderate symptoms.

Free (Australian Government funded); online with phone and secure-message therapist support; Australian adults only.

■ **moodgym — online CBT self-help program for depression and anxiety (Australian National University / e-hub Health)**

<https://moodgym.com.au/>

WHAT IT DOES

One of the first and most-studied online CBT programs, written in 2001 at the Australian National University and used by more than a million people. Five modules teach the CBT core: spotting 'warped' thinking, testing it against evidence, problem-solving and relaxation. The program cites a 2016 meta-analysis of 12 studies confirming it reduces depression and anxiety symptoms in adults, with benefits lasting 12 months.

WHO IT HELPS

Adults and older teens anywhere with mild to moderate low mood or anxiety, or wanting CBT skills to prevent problems. Not designed for severe depression, and not a crisis service.

A\$39 for 12 months' individual access (plus local taxes); free via an access token from a licensed employer, university or health service; users 16+.

Trauma, Addiction & Recovery — Books, Workbooks & Apps

■ **The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma — Bessel van der Kolk MD (book & audiobook)**

<https://www.besselvanderkolk.com/>

WHAT IT DOES

A psychiatrist researching traumatic stress since the 1970s explains why overwhelming experiences keep the body's alarm system switched on after the danger has passed, producing flashbacks, numbness, chronic pain and distrust, then surveys treatments including EMDR, trauma-sensitive yoga, neurofeedback and internal family systems. Published in 2014, it spent close to 300 weeks on the New York Times bestseller list and appears in 43 languages.

WHO IT HELPS

Adults wanting to understand their reactions after trauma, and partners and family. Graphic case histories: read in small doses, stop if activated, and pair it with a trauma-trained therapist.

Paperback, ebook and unabridged audiobook, approx. US\$12–20 / £10–14 / A\$20–25; one of the most widely held titles in public libraries. Note: Critics including a 2025 BJPsych Bulletin appraisal find its neuroscience and scepticism about talking therapies overstated; trauma-focused CBT and EMDR remain first-line.

■ **Complex PTSD: From Surviving to Thriving — Pete Walker MA MFT (book, audiobook & free articles)**

<https://www.pete-walker.com/>

WHAT IT DOES

A Berkeley psychotherapist who grew up with complex trauma names what standard PTSD books miss: emotional flashbacks, the inner critic and the fight, flight, freeze and fawn survival styles, pairing each with tools including his 13 steps for managing a flashback. Self-published in 2013, it is a word-of-mouth bestseller with over 14,000 Goodreads ratings averaging 4.5 stars; the core articles are free on his website.

WHO IT HELPS

Adults neglected or abused as children who recognise themselves in shame, people-pleasing or emotional crashes. Not for crisis or instead of therapy; pace it, as it can stir up grief.

Paperback, ebook and audiobook, approx. US\$10–18 / £10–15; website articles including '13 Steps for Managing Flashbacks' are free; held by many public libraries.

■ **Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body & Waking the Tiger — Peter A. Levine PhD (book, audio program & audiobook)**

<https://somaticexperiencing.com/se-books>

WHAT IT DOES

Peter Levine developed Somatic Experiencing, the body-based trauma approach taught worldwide; these are his two self-help books. Waking the Tiger (1997) argues that trauma is survival energy the nervous system never discharged; Healing Trauma (2008) is a short book and audio programme where Levine guides 12 exercises for noticing sensation, finding safety and releasing held tension. Waking the Tiger is translated into over 30 languages.

WHO IT HELPS

People whose trauma lives in the body (startle, tension, shutdown) who want gentle exercises rather than talking. Go slowly, stop if sensations overwhelm, use alongside a therapist; not for crisis.

Healing Trauma: paperback (approx. US\$17) and Levine-narrated 6¼-hour audio programme (US\$15–25); Waking the Tiger: paperback (US\$21.95), ebook and 9-hour audiobook; both in public libraries. Note: Only a few small trials support Somatic Experiencing and academics say its theory outruns the evidence; use alongside established trauma treatments.

■ **No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model — Richard C. Schwartz PhD (book & audiobook)**

<https://ifs-institute.com/store/419>

WHAT IT DOES

Internal Family Systems (IFS) introduced by its creator. IFS sees the mind as 'parts' that took on protective jobs after painful experiences, alongside a calm core Self; instead of fighting them, you get curious about what they protect and help them unburden, with guided exercises throughout. IFS has grown quickly among trauma therapists; this book is the usual starting point.

WHO IT HELPS

Adults who feel 'at war with themselves' and want structured inner work. Exercises can stir strong feelings: pace yourself and use it alongside therapy, especially with dissociation or complex trauma.

Paperback (approx. US\$20), ebook and audiobook (approx. US\$12–20); widely available from public libraries, including Hoopla. Note: The IFS Institute's research page calls the evidence base 'limited in scope', with larger controlled trials under way; promising rather than proven.

■ **The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control & Becoming Whole — Arielle Schwartz PhD (workbook)**

<https://drielleschwartz.com/?p=1610>

WHAT IT DOES

A clinical psychologist's do-it-yourself workbook for complex PTSD. It explains what repeated childhood or relational trauma does to the nervous system, then works through exercises from evidence-based approaches: grounding from somatic therapy, thought-work from CBT, emotion-regulation from DBT, resourcing from EMDR, mindfulness and self-compassion, with writing prompts in every chapter. Published in 2016 (UK edition 2020), therapists often set it as homework.

WHO IT HELPS

Adults with complex PTSD symptoms practising skills between sessions or while waiting for therapy. Go slowly, start with grounding chapters and skip what increases distress; complements therapy, not for crisis.

Paperback and ebook (Althea Press 2016, approx. US\$15–20; Sheldon Press UK edition 2020, ebook £14.99); available from many public libraries.

■ **PTSD Coach, PTSD Coach Online & PTSD Family Coach — US Department of Veterans Affairs National Center for PTSD (free apps)**

https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp

WHAT IT DOES

A free app from the US VA's National Center for PTSD: plain-language education, a validated symptom tracker, in-the-moment coping tools (paced breathing, grounding, muscle relaxation) you can personalise with photos and music, and crisis links. In a 2017 randomised trial of 120 adults not in treatment, users improved more in PTSD and depression than a waiting list. Over a million downloads in 115 countries.

WHO IT HELPS

Anyone with stress symptoms after trauma, veteran or not, anywhere; Family Coach is for supporters. Not a replacement for professional care: use it for hard moments while arranging therapy.

Free; iOS and Android; no account needed and data stays on your device. PTSD Coach Online (desktop) and PTSD Family Coach are also free.

■ **This Naked Mind: Control Alcohol — Annie Grace (book & audiobook) and The Alcohol Experiment (free 30-day program)**

<https://thisnakedmind.com/>

WHAT IT DOES

The book behind the 'sober curious' movement, plus a free 30-day course. Taking the Allen Carr approach, it dismantles the beliefs that keep people drinking with research on alcohol's effects, so the desire fades instead of needing willpower. The Alcohol Experiment is 30 alcohol-free days with a daily video, journal prompt and private community app; the company says over 500,000 people have taken it.

WHO IT HELPS

'Grey area' drinkers wanting a break or to stop without labelling themselves. Not for anyone physically dependent: heavy daily drinkers should see a doctor first, since withdrawal can be dangerous.

Book: paperback (£9.99; approx. US\$15–18), ebook and audiobook, including library apps. The Alcohol Experiment is free; the company's coaching programme is paid. Note: Grace is not a clinician, there are no independent trials, and the site's outcome figures are the company's own customer surveys.

■ **Allen Carr's Easy Way to Stop Smoking — Allen Carr (book & audiobook; also Easyway to Control Alcohol)**

<https://www.penguin.co.uk/books/288477/allen-carrs-easy-way-to-stop-smoking-by-carr-allen/9781405984874>

WHAT IT DOES

The best-selling stop-smoking book (1985); Carr's smoking books sold over 20 million copies in 57 countries. Smokers continue, he argued, because they believe cigarettes give them something: dismantle each belief while smoking and you reach the final cigarette without fear, no willpower needed. A 2020 randomised trial of 620 smokers found the Easyway seminar at least as effective as the NHS Stop Smoking Service.

WHO IT HELPS

Smokers and vapers who have failed with patches, gum or willpower. Not a substitute for medical advice with smoking-related illness; if the book fails, try quitlines, seminars or medication.

Paperback (£10.99 / approx. US\$15 / A\$20), ebook and audiobook; in most public libraries. Easyway seminars from US\$495 (money-back guarantee); online programmes from US\$59. Note: The randomised trials tested the Easyway seminar, not the book; the one small study of the book alone found no significant effect.

■ **Alcoholics Anonymous ('the Big Book'), 4th edition — Alcoholics Anonymous World Services (free to read and listen online)**

<https://www.aa.org/the-big-book>

WHAT IT DOES

The 1939 text that founded the recovery movement, free on AA's official site as PDF chapters, audio and sign-language video. The first 164 pages set out the Twelve Steps; the rest is members' first-person recovery stories. A 2020 Cochrane review of 27 studies found AA and Twelve-Step Facilitation produced higher abstinence than other treatments including CBT, about 42% versus 35% at one year.

WHO IT HELPS

Anyone curious what AA proposes before a meeting, or drawn to a peer-based path to sobriety; openly spiritual. Heavy daily drinkers need medical advice before stopping; withdrawal can be dangerous.

Free to read, listen and watch (ASL) at aa.org; inexpensive print copies from local AA offices and the online store; ebooks; in most public libraries.

■ **Rethinking Drinking — US National Institute on Alcohol Abuse and Alcoholism, NIH (free website, calculators & worksheets)**

<https://rethinkingdrinking.niaaa.nih.gov/>

WHAT IT DOES

A free, no-sign-up site from the US NIH's alcohol institute for anyone wondering if they drink too much. It covers 'How much is too much?' (standard drinks, risk thresholds), then 'Thinking about a change?' with goal-setting and strategies that work in trials: tracking drinks, setting limits, pacing. Calculators show drink strength, calories and what drinking costs per year, with printable worksheets; nothing to sell.

WHO IT HELPS

Adults wanting a frank check on their drinking and a plan to cut down or stop, written for US adults. Not for dependence: heavy drinkers should see a doctor first.

Free; website with interactive calculators, downloadable worksheets and a free 20-page booklet in English and Spanish; no account needed.

■ **Dopamine Nation: Finding Balance in the Age of Indulgence — Anna Lembke MD (book, audiobook & The Official Dopamine Nation Workbook)**

<https://www.penguinrandomhouse.com/books/624957/dopamine-nation-by-anna-lembke-md/9780593409220>

WHAT IT DOES

Stanford's head of addiction medicine explains the pleasure-pain balance: every dopamine hit from drinking, scrolling or gambling brings an equal, opposite dip, and repeated hits reset your baseline so you need more to feel normal. Her framework: try a 30-day fast from the one thing you cannot moderate, then abstain or set binding rules. Instant New York Times bestseller, 2021; official workbook 2024.

WHO IT HELPS

People caught in any compulsive habit, from drinking to phones or gaming. The 30-day fast is unsafe with heavy daily alcohol, benzodiazepine or opioid use: stopping suddenly needs medical supervision.

Hardcover (US\$32), paperback (US\$20), ebook and 6-hour audiobook read by the author; workbook paperback US\$19, ebook and audio; widely available from public libraries.

■ **Tiny Habits: The Small Changes That Change Everything — BJ Fogg PhD (book, audiobook & free 5-day email program)**

<https://tinyhabits.com/>

WHAT IT DOES

A habit-change method from the Stanford researcher whose Behavior Model underlies modern behaviour design. You shrink the new behaviour to something tiny (one deep breath, two push-ups), anchor it to something you already do and celebrate immediately so the brain wires it in. A New York Times bestseller (2019); the free 5-Day Program, run since 2011, gives you a human coach by email.

WHO IT HELPS

Anyone who has failed to change a habit through willpower, including people in early recovery building routines or living with ADHD or depression. Not a treatment for substance dependence.

Book: print, ebook and audiobook (approx. US\$12–20; in public libraries). The 5-Day Program is free, by email with a human coach; paid courses are separate.

■ **I Am Sober (sobriety tracker app)**

<https://iamsobber.com/>

WHAT IT DOES

Self-described as the number-one sobriety app, free at its core. You set up each habit or substance you are quitting (alcohol, cannabis, nicotine, gambling), pledge each morning and review each night; the app counts sober time, marks milestones, shows money saved, and shares short stories from others at your stage. No trials, but scale: it reports over 200,000 five-star reviews and 30 million habits tracked.

WHO IT HELPS

Anyone in recovery or pausing a habit who wants a daily anchor and company. Not treatment or a crisis service; peer advice is lived experience, not clinical guidance. If you drink heavily every day or use benzodiazepines, see a doctor before stopping: withdrawal can be dangerous.

Free core app (tracker, pledges, milestones, community) on iOS and Android; optional Plus subscription adds extras such as multiple trackers, priced by region.

- **Taking Charge of Adult ADHD, Second Edition: Proven Strategies to Succeed at Work, at Home, and in Relationships — Russell A. Barkley PhD with Christine M. Benton (book & audiobook)**

<https://www.guilford.com/books/taking-charge-of-adult-adhd/russell-barkley/9781462546855>

WHAT IT DOES

The adult ADHD self-help book from the field's most-cited researcher. Barkley explains ADHD as a problem of self-regulation and executive function rather than willpower, then gives step-by-step strategies for work, home, money and relationships, plus plain answers on diagnosis and medication. The 2021 second edition adds mindfulness, emotional self-control and time management; it is often the first book ADHD clinicians and organisations recommend.

WHO IT HELPS

Adults diagnosed with ADHD or strongly suspecting it, and partners wanting to understand. Thorough and fairly dense. Not a substitute for a proper assessment.

Paperback and ebook (US\$19.95), hardcover (US\$30) and unabridged audiobook (10½ hours, approx. US\$20); widely available from public libraries including audiobook apps.

- **Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program, Client Workbook, Second Edition — Steven A. Safren, Susan E. Sprich, Carol A. Perlman & Michael W. Otto (Oxford 'Treatments That Work')**

<https://global.oup.com/academic/product/mastering-your-adult-adhd-9780190235567>

WHAT IT DOES

The client workbook for the Massachusetts General Hospital CBT programme for adult ADHD, the skills programme with the strongest trial evidence: in the authors' NIMH-funded randomised trial (JAMA, 2010), medicated adults who completed it improved more than a relaxation-and-education control group. Session by session it covers organising and planning (one calendar, one task list), distractibility and adaptive thinking, with worksheets and homework throughout.

WHO IT HELPS

Adults with ADHD struggling with organisation and follow-through despite medication, wanting a week-by-week skills programme. Designed for use with a CBT therapist but usable alone; not a substitute for assessment.

Paperback workbook (US\$59, 144 pp) and ebook; expensive for a workbook, so check university and medical libraries or ask a therapist whether they use it.

- **How to ADHD — Jessica McCabe (free YouTube channel, plus the book 'How to ADHD: An Insider's Guide to Working with Your Brain (Not Against It)' in print, ebook & audiobook)**

<https://howtoadhd.com/>

WHAT IT DOES

Since 2016 Jessica McCabe has posted a practical video most weeks on one ADHD problem at a time (losing things, time blindness, rejection sensitivity, medication questions), explaining the research in plain language, then showing a workaround she and her community have tested. The channel passed one million subscribers in 2022; her 2024 book, a New York Times bestseller, gathers the strategies by area of life.

WHO IT HELPS

Anyone newly diagnosed, waiting for assessment or wondering whether they have ADHD, from teenagers up, plus partners and parents. The gentlest entry point; not clinical advice.

Videos are free (ad-supported, optional Patreon). Book: hardcover, paperback, ebook and unabridged audiobook (approx. US\$15–30); widely available from public libraries.

■ **goblin.tools — Magic ToDo and other free AI helpers for overwhelming tasks (Bram De Buyser)**

<https://goblin.tools/>

WHAT IT DOES

Small, single-purpose web tools 'mostly designed to help neurodivergent people' when a task feels too big to start. Magic ToDo breaks any task into smaller steps; Estimator guesses how long things take; Compiler turns a brain-dump into actions. No clinical trial, but free, account-free and, since 2023, among the most widely recommended executive-function aids in ADHD and autistic communities and university disability services.

WHO IT HELPS

Anyone with ADHD, autism or other executive-function difficulties who freezes at 'where do I start', and carers. The output is AI guesswork: check it, and never paste in sensitive information.

Free on the web, no account needed; iOS and Android apps a one-off US\$2.99; optional Pro subscription for advanced features, with existing features never paywalled.

■ **ADDitude ADHD Experts Webinars & Podcast — free expert webinar library (ADDitude magazine)**

<https://www.additudemag.com/category/adhd-experts-webinars-podcast/>

WHAT IT DOES

A free library of more than 600 one-hour webinars in which ADHD clinicians and researchers explain one topic in depth and answer audience questions: medication choices, sleep, emotional dysregulation, late diagnosis, parenting and school. New webinars run live most weeks; replays follow on the site and YouTube, and the audio becomes the ADHD Experts podcast. ADDitude has published on ADHD since 1998.

WHO IT HELPS

Adults with ADHD, parents of children with ADHD and teachers who want a specialist's take on a specific issue. Not a treatment programme or a substitute for seeing a clinician.

Free (email registration for live webinars and replays; podcast free in any app; no ADDitude subscription needed); optional attendance certificates US\$10. Note: ADDitude is an advertising-supported commercial magazine and webinar quality depends on the speaker; check presenter credentials and favour researchers and practising clinicians.

■ **Unmasking Autism: Discovering the New Faces of Neurodiversity — Devon Price PhD (book & audiobook read by the author)**

<https://www.penguinrandomhouse.com/books/688819/unmasking-autism-by-devon-price-phd/>

WHAT IT DOES

The bestselling book on 'masking', hiding autistic traits, and the exhaustion, burnout and loss of self that follow. Price, a social psychologist who is autistic, combines research and interviews with exercises: a values inventory, reclaiming special interests, building autistic community and choosing accommodations to ask for. Since 2022 one of the books late-identified autistic adults most often recommend, with a starred Library Journal review.

WHO IT HELPS

Adults diagnosed late or wondering whether they are autistic, especially women, people of colour and LGBTQ+ people, and their loved ones. Not a diagnostic tool; little on high support needs.

Hardcover (US\$28), ebook and unabridged audiobook (nearly 10 hours, author-read); paperback due October 2026 (US\$19); widely available from public libraries. Note: Self-advocacy rather than clinical; some clinicians feel it leans towards self-diagnosis and asks masking to explain too much; pair with formal assessment.

■ **AASPIRE Healthcare Toolkit — free online toolkit for autistic adults, including the Autism Healthcare Accommodations Tool (AHAT)**

<https://researchautism.org/healthcaretoolkit>

WHAT IT DOES

A free website built by autistic adults and researchers as equal partners: guides and worksheets on preparing for appointments, describing symptoms and handling sensory problems, plus the Autism Healthcare Accommodations Tool, which generates a personalised report for your doctor on what helps. In the NIMH-funded evaluation with 259 autistic adults (2016), barriers to healthcare fell from 4.07 to 2.82 and 94% found it useful.

WHO IT HELPS

Autistic adults who find medical visits confusing, overwhelming or unproductive, their supporters, and GPs. Written for the US system, but the worksheets and accommodations report work anywhere. Not for emergencies.

Free website; no account needed; worksheets and the accommodations report can be printed or saved.

■ **Is This Autism? A Guide for Clinicians and Everyone Else — Donna Henderson PsyD, Sarah Wayland PhD & Jamell White PhD LCSW-C (Routledge, 2023)**

<https://www.routledge.com/Is-This-Autism-A-Guide-for-Clinicians-and-Everyone-Else/Henderson-Wayland-White/p/book/9781032150222>

WHAT IT DOES

Criterion by criterion, it explains what autism looks like in the people routinely missed: adults, women and girls, and anyone who camouflages. For each criterion the authors describe the less obvious presentations, with quotes from over 100 autistic people, then cover what the criteria leave out: autistic strengths, empathy, interoception, burnout and co-occurring conditions. Endorsed by Steve Silberman (NeuroTribes) and neuropsychologist Lauren Kenworthy PhD.

WHO IT HELPS

Adults wondering whether they are autistic, parents of children who defy the stereotype, and clinicians and teachers. Helps you prepare for an assessment, but is not a self-diagnosis tool.

Paperback, hardback and ebook (paperback approx. US\$30–40); a professional title, so check public and university libraries or ask your library to buy it.

■ **Overcoming Dyslexia: Second Edition, Completely Revised and Updated — Sally Shaywitz MD with Jonathan Shaywitz MD (Knopf, 2020; book & audiobook read by the author)**

<https://dyslexia.yale.edu/research-science/overcoming-dyslexia/>

WHAT IT DOES

The standard book on dyslexia from the Yale neuroscientist whose brain imaging showed what it is: an unexpected difficulty with the sound structure of words in an otherwise capable person, affecting about one in five. The 2020 edition covers recognising dyslexia at every age, what evidence-based reading instruction looks like, a home reading programme, schools and accommodations. The first edition sold more than 400,000 copies.

WHO IT HELPS

Parents of a child struggling to read, adults who suspect dyslexia, and teachers. Long; the school chapters are American, but the science, identification guidance and home programme apply anywhere.

Paperback, ebook and unabridged audiobook (read by Sally Shaywitz), approx. US\$18–25; widely available from public libraries.

- **Managing Tourette Syndrome: A Behavioral Intervention — Adult Workbook — Douglas W. Woods, John Piacentini, Susanna Chang, Thilo Deckersbach, Golda Ginsburg, Alan Peterson, Lawrence Scahill, John Walkup & Sabine Wilhelm (Oxford 'Treatments That Work'; the CBIT programme)**

<https://global.oup.com/academic/product/managing-tourette-syndrome-9780195341300>

WHAT IT DOES

The patient workbook for CBIT. Over 11 sessions it teaches you to notice the urge before each tic and use a 'competing response' that blocks the tic until the urge passes. CBIT is the best-evidenced non-drug treatment for tics: in randomised trials 52.5% of children improved versus 18.5% with supportive therapy, and 38% of adults versus 6%; first-line in American Academy of Neurology guidelines.

WHO IT HELPS

Adults and older teenagers with Tourette syndrome or chronic tic disorder. Designed to accompany a CBIT-trained therapist but usable alone where none is available; complements, not replaces, your doctor's care.

Paperback workbook (US\$53, 80 pp) and ebook; expensive for its size, so check libraries. Companion Therapist Guide and Parent Workbook second editions appeared in 2025.

- **The Out-of-Sync Child, Third Edition: Recognizing and Coping with Sensory Processing Differences — Carol Stock Kranowitz MA (book & audiobook)**

<https://www.penguinrandomhouse.com/books/295627/the-out-of-sync-child-third-edition-by-carol-stock-kranowitz/>

WHAT IT DOES

The book that made sensory processing understandable for parents; the New York Times called it 'the parents' bible'. With examples and checklists, Kranowitz explains the patterns a child can show (over- or under-responsiveness to touch, sound, movement or light), how to tell them from ADHD and autism, and what helps at home and school, including a 'sensory diet'. Third edition 2022; Mom's Choice Gold Award.

WHO IT HELPS

Parents and teachers of children whose reactions to touch, noise or movement make life hard, including autistic and ADHD children. To understand and support, not diagnose; an occupational therapist assesses.

Paperback (US\$20, 416 pp), ebook and unabridged audiobook (11 hours, read by Ellen Archer; recorded 2016, before the 2022 revision); widely available from public libraries. Note: 'Sensory processing disorder' is not a DSM-5 or ICD-11 diagnosis, and the American Academy of Pediatrics calls sensory integration therapy evidence limited.

- **Caged in Chaos: A Dyspraxic Guide to Breaking Free (Updated Edition) — Victoria Biggs (Jessica Kingsley Publishers)**

<https://uk.jkp.com/products/caged-in-chaos>

WHAT IT DOES

The first-person guide to dyspraxia (developmental coordination disorder) most often recommended to teenagers and newly diagnosed adults. Biggs wrote it at 16; funny and blunt about disorganisation, clumsiness, bullying and low self-esteem, it then gives workarounds that fit a dyspraxic brain: routines, memory aids, typing, explaining yourself to teachers, friendships and independent living. The updated edition adds her adult experience; dyspraxia charities often recommend it.

WHO IT HELPS

Dyspraxic teenagers and young adults, parents and teachers; adults diagnosed late will find most of it applies. A guide to living well with dyspraxia, not a motor-skills treatment programme.

Paperback and ebook (£16.99 / US\$24.95); available from public libraries.

- **The Dyscalculia Toolkit: Supporting Learning Difficulties in Maths, Fourth Edition — Ronit Bird (Sage, 2021), with free resources at [ronitbird.com](https://www.ronitbird.com)**

<https://www.sagepub.com/en-us/nam/the-dyscalculia-toolkit/book275474>

WHAT IT DOES

The hands-on manual for helping a child or teenager who cannot make numbers 'stick': 220 activities and 55 games using concrete materials (Cuisenaire rods, dice, cards) that teach number sense for understanding rather than rote, for ages roughly 6–14.

Developed through the Harrow Dyscalculia Project, it is the book UK specialist teachers name first; her website offers free tip sheets, game boards and videos.

WHO IT HELPS

Parents, tutors and teachers supporting a child or teenager who struggles badly with maths, diagnosed or not; adults with dyscalculia can use the games themselves.

Paperback, hardcover and ebook; approx. £30 in the UK but US\$98 list in the US; in libraries. Free tip sheets, games and videos at [ronitbird.com](https://www.ronitbird.com).

- **Misdiagnosis and Dual Diagnoses of Gifted Children and Adults (2nd edition): ADHD, Bipolar, OCD, Asperger's, Depression, and Other Disorders — James T. Webb, Edward Amend, Nadia E. Webb, Marianne Kuzujanakis, F. Richard Olenchak & Jean Goerss (Gifted Unlimited)**

https://www.giftedunlimitedllc.com/store/p38/Misdiagnosis_and_Dual_Diagnoses_of_Gifted_Children_and_Adults_%282nd_edition%29__ADHD%2C_Bipolar%2C_OCD%2C_Aspenger%E2%80%99s%2C_Depression%2C_and_Other_Disorders.html

WHAT IT DOES

The reference book on how traits of gifted people (intensity, questioning, sensitivity) get mistaken for ADHD, bipolar disorder, OCD, autism or depression, and on twice-exceptional people, where giftedness and disability mask each other. For each condition it compares gifted behaviours with signs of disorder and advises on choosing a knowledgeable professional. The 2005 first edition created the topic; the second updates it to DSM-5.

WHO IT HELPS

Parents of bright children whose diagnosis does not fit, gifted and twice-exceptional adults, and their counsellors and teachers. For asking better questions at an assessment, not ruling a diagnosis out.

Paperback (US\$29.95, 320 pp); the publisher's own store showed it unavailable at the time of checking, but booksellers and public libraries stock it. Note: Researchers contest the claim that giftedness is commonly misdiagnosed; gifted people genuinely have ADHD and autism, so inform assessments, don't dismiss them.

Sleep — Books, Audiobooks, Programs & Tools

- **Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed at Harvard Medical School — Gregg D. Jacobs PhD (book & audiobook; Conquering Insomnia online program)**

<https://www.cbtforinsomnia.com/>

WHAT IT DOES

The original self-help version of cognitive behavioural therapy for insomnia (CBT-I), the first-line treatment in every major guideline, as a six-week programme: sleep diary, consistent wake time, trimming time in bed to actual sleep time, getting up when awake, and tackling the anxious thinking behind insomnia. Jacobs' NIH-funded randomised trial (2004) found the programme beat zolpidem, with gains that held while the drug's did not.

WHO IT HELPS

Adults with trouble falling or staying asleep wanting a self-run six-week programme, or to cut sleeping pills with their doctor. Snoring, breathing pauses or daytime sleep attacks need assessment first. With bipolar disorder or epilepsy, check with your clinician before restricting time in bed.

Paperback (2009 updated edition, approx. US\$19), ebook and 8-hour unabridged audiobook; widely available from public libraries. The link is Jacobs' own site for his paid five-week online version, Conquering Insomnia.

- **Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety, or Chronic Pain — Colleen E. Carney PhD & Rachel Manber PhD (book & audiobook)**

<https://drcolleencarney.com/>

WHAT IT DOES

A CBT-I workbook for insomnia that sits alongside depression, anxiety or chronic pain. Its authors built the evidence: Manber led the trials showing CBT-I works, and lifts mood, when insomnia and depression co-occur, and Carney is first author of the Consensus Sleep Diary used worldwide. It covers the sleep diary, your sleep window, and the traps pain, low mood and worry set for sleep.

WHO IT HELPS

Adults whose insomnia sits alongside depression, anxiety or chronic pain; use alongside treatment for it. Suspected sleep apnoea or bipolar disorder: check with your clinician before restricting time in bed.

Paperback and ebook (approx. US\$17–22) and unabridged audiobook (2024, 6.7 hours); available from public libraries; Carney's worksheets and sleep diary are free on her site.

- **Overcoming Insomnia, 2nd Edition: A self-help guide using cognitive behavioural techniques — Professor Colin Espie (book, ebook & audiobook)**

<https://www.hachette.co.uk/titles/colin-espie/overcoming-insomnia-2nd-edition/9781472141415/>

WHAT IT DOES

The UK's standard CBT-I self-help book, by the Oxford sleep-medicine professor who went on to build Sleepio, the NICE-recommended digital CBT-I programme. A complete course in CBT-I, the first-line treatment for chronic insomnia: a sleep diary, a wind-down routine, a new sleep-wake schedule, relaxation and 'racing mind' techniques. The 2006 edition was on England's first Reading Well Books on Prescription list; fully revised in 2021.

WHO IT HELPS

Adults with persistent insomnia wanting a clear, step-by-step programme, including those on waiting lists for CBT-I. Heavy snoring, breathing pauses or involuntary daytime sleep need a doctor, not a book. With bipolar disorder or epilepsy, check with your clinician before restricting time in bed.

Paperback (Robinson, 2021, £12.99), ebook and downloadable audiobook; widely held by UK public libraries (the 2006 edition was on the first Reading Well list) and available from libraries elsewhere.

- **The Sleep Book: How to Sleep Well Every Night — Dr Guy Meadows (book, ebook & audiobook)**

<https://www.hachette.co.uk/titles/guy-meadows/the-sleep-book/9781409157618/>

WHAT IT DOES

The sleep title on the current NHS-endorsed Reading Well for mental health list, stocked free in public libraries across England and Wales. It takes a different route from CBT-I: a five-week plan based on Acceptance and Commitment Therapy and mindfulness, teaching you to stop struggling with wakefulness (clock-watching, forcing sleep, dreading tomorrow), accept night-time thoughts without fighting them and rebuild a normal relationship with bed.

WHO IT HELPS

Adults whose insomnia is driven by anxiety about sleep itself, who find rigid rules counter-productive, or who want a mindfulness-based approach. Loud snoring or breathing pauses still need assessment.

Paperback (Orion, 2014, £10.99), ebook and unabridged audiobook; free to borrow from UK public libraries via Reading Well and widely held by libraries elsewhere. Note: ACT's trial evidence for insomnia is smaller and newer than the decades of trials behind CBT-I, which remains the better-tested first choice.

■ **Hello Sleep: The Science and Art of Overcoming Insomnia Without Medications — Jade Wu PhD (book & audiobook)**

<https://us.macmillan.com/books/9781250883803/hellosleep/>

WHAT IT DOES

A 2023 CBT-I book by a behavioural sleep medicine specialist for people more anxious about sleep than ever. It teaches CBT-I's core elements (sleep diary, getting up when awake, letting go of sleep effort) in a flexible, kind voice rather than as rigid rules, plus light therapy, tapering sleep medication with a prescriber, and guidance for pregnancy, menopause, chronic pain and depression.

WHO IT HELPS

Adults with chronic insomnia, particularly perfectionists about sleep and people in pregnancy, menopause or new parenthood where standard advice fails. Snoring, breathing pauses or daytime sleep attacks still need assessment. With bipolar disorder or epilepsy, check with your clinician before restricting time in bed.

Hardcover, paperback, ebook and unabridged audiobook (2023; price varies by retailer); widely available from public libraries including OverDrive and Hoopla; free workbook on her site.

■ **Why We Sleep: Unlocking the Power of Sleep and Dreams — Matthew Walker PhD (book & audiobook)**

<https://www.simonandschuster.com/books/Why-We-Sleep/Matthew-Walker/9781501144325>

WHAT IT DOES

The book that made sleep a public-health conversation. A New York Times bestseller endorsed by Bill Gates, it explains what sleep does for memory, mood, immunity and blood sugar, why alcohol and sleeping pills are not sleep, and how caffeine, light and timing work. Not a treatment programme: it ends with twelve habits that match clinical advice, and Walker's advice for chronic insomnia is CBT-I.

WHO IT HELPS

Anyone who treats sleep as optional and needs a readable, convincing case. Less suited to people with insomnia lying awake worrying about their health: its alarm can feed that anxiety.

Hardcover, paperback (Scribner, 2018, approx. US\$19), ebook and unabridged audiobook (read by Steve West); in almost every public library. Note: A detailed 2019 critique documented errors and overstated statistics in several chapters; the broad message stands, but treat individual numbers with caution.

■ **Life Time: The New Science of the Body Clock, and How It Can Revolutionize Your Sleep and Health — Russell Foster (book & audiobook)**

<https://www.penguin.co.uk/books/321815/life-time-by-foster-russell/9780241529317>

WHAT IT DOES

A plain-English account of circadian science from the scientist whose lab discovered the light-sensing eye cells that set the body clock. Foster explains how light, meals, exercise, caffeine and medication timing move your clock, what happens with shift work, jet lag and age-related sleep changes, and how to use that: morning daylight, consistent timing, when to eat, exercise and take medicines. A Sunday Times bestseller.

WHO IT HELPS

Anyone whose sleep problem is really a timing problem: night owls, shift workers, frequent flyers, teenagers and parents, older adults waking early. Science and strategy, not an insomnia treatment programme.

Paperback (Penguin Life, 2023, £10.99), ebook and unabridged audio download (about 11½ hours, read by the author); widely available from public libraries.

■ **Consensus Sleep Diary (free web/iOS/Android app and printable PDF)**

<https://www.consensussleepdiary.com/>

WHAT IT DOES

The standardised sleep diary insomnia researchers and CBT-I clinicians use, free as a web app, iOS and Android, and printable PDFs. A one- to two-week diary starts every CBT-I programme: its numbers (time to fall asleep, time awake, sleep versus time in bed) set your sleep window and track progress. Agreed by an international expert panel (SLEEP, 2012), it takes about two minutes each morning.

WHO IT HELPS

Anyone starting CBT-I, seeing a doctor about sleep, or wanting honesty instead of a wearable's guess. Fill it in each morning, never by clock-watching; stop if tracking raises anxiety.

Free for personal and not-for-profit use: web app with iOS and Android, plus free PDF from drcolleencarney.com. For-profit use needs the first author's permission.

■ **Sleep problems and insomnia self-help guide — NHS inform (free online CBT-based guide)**

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/sleep-problems-and-insomnia-self-help-guide/>

WHAT IT DOES

A free 14-section self-help guide from Scotland's national health information service, built on cognitive behavioural therapy. It explains what keeps insomnia going, then the core tools: fixed routines, no napping, bed only when sleepy, getting up after about 15 minutes awake, a daily 'worry time', progressive muscle relaxation and challenging the thoughts that fuel night-time anxiety. A free first step while waiting for full CBT-I.

WHO IT HELPS

Adults with mild to moderate sleep problems anywhere (phone numbers are Scottish). Not a substitute for assessment of suspected sleep apnoea, narcolepsy or restless legs, or for crisis support. With bipolar disorder or epilepsy, check with your clinician before restricting time in bed.

Free; online, works on any device, no account or login; save as PDF to keep your progress.

Cooking & Eating Well — Skills, Recipes, Budget Food & Nutritional Psychiatry

■ **Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking — Samin Nosrat (book, audiobook & Netflix series)**

<https://www.saltfatacidheat.com/>

WHAT IT DOES

Nosrat's book for people who want to stop following recipes and understand cooking: four elements (salt, fat, acid and heat) decide whether food tastes good, and she shows how to use each, then gives about 100 flexible base recipes with variations. Won the 2018 James Beard Award for General Cookbook and IACP Cookbook of the Year, and became a four-part Netflix series in 2018.

WHO IT HELPS

Cooks who can follow a recipe but want the confidence to improvise, including people making simple low-carb or whole-food ingredients taste good. A general cooking book, not a diet book.

Hardcover approx. US\$35–40, ebook US\$19.99 and an adapted audiobook read by the author; widely available from public libraries; website recipes and guides free.

■ **The Food Lab: Better Home Cooking Through Science — J. Kenji López-Alt (book; free Serious Eats column)**

<https://www.norton.com/books/9780393081084>

WHAT IT DOES

A 900-page home-cooking manual built from thousands of kitchen experiments: why a steak browns, why eggs turn rubbery, how to roast a chicken reliably every time. It grew from López-Alt's free Serious Eats column, where most of the same testing is still available at no cost. Over a million copies sold; 2016 James Beard Award for General Cooking and IACP Cookbook of the Year.

WHO IT HELPS

People who learn by understanding why and want techniques that work first time. Nearly 300 savoury American recipes, many naturally low-carb; a heavy book to browse and dip into.

Hardcover approx. US\$40–50 and ebook; no audiobook; widely held by public libraries. The Serious Eats column it grew from is free online.

■ **Good and Cheap: Eat Well on \$4/Day — Leanne Brown (free PDF cookbook & paperback)**

<https://leannebrown.com/good-and-cheap-2/>

WHAT IT DOES

A cookbook for the US food-stamp budget of about US\$4 a day, free as a PDF since 2014 and downloaded more than 15 million times. It teaches how to make cheap food good: stocking a tiny pantry, cooking dried beans, building meals around eggs and vegetables, using leftovers. The print edition won the 2015 IACP Judges' Choice Award and was a New York Times bestseller.

WHO IT HELPS

Anyone eating on a tight budget, or with limited energy or kitchen, who needs simple, forgiving recipes. Ordinary balanced-diet advice, not low-carb; skip the pasta and baking pages if managing blood sugar.

Free PDF via the author's free newsletter (Spanish edition also free); paperback approx. US\$16.99 with a buy-one-give-one donation; widely held by public libraries.

■ **Budget Bytes — free budget recipe site with the cost of every recipe worked out (website)**

<https://www.budgetbytes.com/>

WHAT IT DOES

A free recipe site, running since 2009, where each of its 1,700-plus recipes shows total cost and cost per serving, with step-by-step photos a beginner can follow. Large sections cover meal prep, one-pot meals, recipes under \$10 and kitchen basics. Won the 2016 Saveur Blog Award for Best How-To Food Blog; featured by the New York Times and NPR; now run by a test-kitchen team.

WHO IT HELPS

People who need to eat well on little money or energy and want tested, cheap, quick recipes. Low-carb eaters filter for the meat, egg and vegetable dishes; prices are in US dollars.

Free to browse all recipes (ad-supported); optional BudgetBytes+ membership US\$4.99/month adds weekly meal plans and removes ads; a 2014 print cookbook is also available.

■ **The Art of Fermentation — Sandor Ellix Katz (book)**

<https://www.chelseagreen.com/product/the-art-of-fermentation/>

WHAT IT DOES

The reference book that brought home fermentation back to ordinary kitchens: sauerkraut, kimchi, yoghurt, miso, tempeh, sourdough, taught by understanding the process rather than following rigid recipes, with sections on safety and troubleshooting. Won the 2013 James Beard Foundation Book Award, sold more than 250,000 copies, and is on the New York Times list of the 25 most influential cookbooks of the last 100 years.

WHO IT HELPS

Anyone curious about fermenting for gut health, flavour or thrift; a 500-page reference, not a quick recipe book. If your immune system is weakened, ask your clinician before eating home-fermented foods.

Hardcover US\$39.95 on the publisher's site, often less from retailers, and ebook; no audiobook listed; widely held by public libraries.

■ **Food and Mood: Improving Mental Health Through Diet and Nutrition — free online course (Deakin University Food & Mood Centre, FutureLearn)**

<https://futurelearn.com/courses/food-and-mood>

WHAT IT DOES

A free three-week online course from the Deakin University research centre that ran the SMILES trial, the first randomised controlled trial to show that improving diet can reduce symptoms of major depression. It explains how food affects mood, the gut microbiome's role and the evidence for a modified Mediterranean-style diet, then helps you plan your own change. Since 2019, more than 95,000 learners; rated 4.6/5.

WHO IT HELPS

People with low mood, anxiety or depression wanting to know how food fits in, and family or health workers. It supports treatment rather than replacing it: do not stop medication or therapy.

Free to join (three weeks' access, no certificate); optional one-off upgrade approx. US\$109 for unlimited access and a certificate. About 3 hours a week, online.

■ **Brain Changer: The Good Mental Health Diet — Professor Felice Jacka (book & audiobook)**

<https://www.panmacmillan.com.au/9781760556518/>

WHAT IT DOES

The book from the scientist whose randomised trial showed that changing what you eat can ease depression. Jacka explains how diet quality relates to depression and anxiety risk, the gut's role in mood, and why she argues for a whole-food, Mediterranean-style way of eating rather than supplements or restriction. The second half is practical: habit change, meal plans and recipes from the SMILES trial diet.

WHO IT HELPS

People with low mood, anxiety or depression who want a non-faddish food plan, and family cooking for them. Not a weight-loss book; it sits alongside medication, therapy and your clinician's advice.

Paperback A\$34.99 in Australia, approx. £10–15 in the UK; ebook and unabridged audiobook read by the author; widely available from public libraries.

■ **Carb Manager: Keto & Macro Log — low-carb tracking and meal-planning app**

<https://www.carbmanager.com/>

WHAT IT DOES

One of the most-downloaded keto trackers: a food diary that counts net carbohydrate (barcode scanning, voice or photo logging, over a million foods), with optional tracking of blood glucose, ketones, fasting windows and weight. The free tier covers core carb tracking; paid adds meal plans, recipes and a diabetes tracker. Rated 4.8 from about 736,000 App Store ratings; around 8 million users.

WHO IT HELPS

Low-carb, keto or diabetes-management dieters who want carbs and glucose or ketone readings in one place. Not for anyone with disordered eating; if on insulin or glucose-lowering drugs, involve your prescriber first.

Free tier (carb and macro tracking, barcode scanning); Premium approx. US\$8.49/month or US\$25–60/year for meal plans, recipes and advanced tracking; iOS, Android and web. Note: No clinical trials of the app itself and its site uses paid testimonials; treat it as a tracker, not medical guidance.

■ **Wholesome Yum — free low-carb and keto recipes, 10 ingredients or fewer (website & app)**

<https://www.wholesomeyum.com/>

WHAT IT DOES

One of the largest free keto and low-carb recipe sites: more than 1,000 tested recipes, each using ten ingredients or fewer and no refined sugar or flour, plus beginner guides, keto food lists and a companion app. Its evidence is reach: millions of readers a month, a mailing list of over 400,000, and a USA Today-bestselling cookbook. Short ingredient lists keep cooking quick and cheap.

WHO IT HELPS

Low-carb or keto eaters who need simple weeknight recipes, and anyone who finds long ingredient lists exhausting. Not medical advice: agree the diet with your clinician, especially if on glucose-lowering medication.

Free to browse recipes and guides (ad-supported); optional Wholesome Yum Plus under US\$5/month removes ads and adds meal plans; two cookbooks approx. US\$20–30; free iOS and Android app. Note: A commercial blog selling its own sweeteners and a membership, with recipes not clinically reviewed; use for cooking ideas, not nutrition advice.

■ **This Is Your Brain on Food: An Indispensable Guide to the Surprising Foods that Fight Depression, Anxiety, PTSD, OCD, ADHD, and More — Uma Naidoo MD (book & audiobook)**

<https://umanaidoomd.com/pages/this-is-your-brain-on-food>

WHAT IT DOES

A condition-by-condition guide to eating for mental health, with a chapter each on depression, anxiety, trauma, ADHD, OCD, insomnia and more: what the evidence says, which foods to eat more of or cut back, and simple recipes. Naidoo is a psychiatrist and trained chef who set up the first hospital-based nutritional psychiatry service in the US, at Massachusetts General Hospital. An instant bestseller in 2020.

WHO IT HELPS

People with a mental-health condition who want food changes alongside treatment, and their carers. Not a substitute for treatment or crisis care; anyone with an eating disorder needs their clinician's agreement first.

Hardcover approx. US\$28 (Little, Brown Spark, 2020), with ebook and audiobook editions; widely available from public libraries. Note: Some condition-specific food advice outruns current trial evidence; treat the Mediterranean-style core as well supported and the detail as promising, not proven.

■ **Oldways Mediterranean Diet resources — the Mediterranean Diet Pyramid, free recipes and eating guides (website)**

<https://oldwayspt.org/traditional-diets/mediterranean-diet>

WHAT IT DOES

The home of the Mediterranean Diet Pyramid, created by Oldways in 1993 with the Harvard School of Public Health and the World Health Organization, still the standard picture of how to eat this way. The site turns it into practice with a free recipe library, factsheets and cooking-and-nutrition curricula. The diet has strong evidence: the PREDIMED randomised trial cut major cardiovascular events by about 30%.

WHO IT HELPS

People told to 'eat a Mediterranean diet' for heart, blood sugar or mood who want to know what that means on a plate. Not low-carb; keep grain portions small if controlling glucose.

Free (recipes, pyramid, glossary, factsheets and curricula; no account needed); an optional 4-week Mediterranean menu-plan ebook is sold separately. Note: Oldways is a non-profit that accepts food-industry sponsorship, so whole grains and pasta get more room than low-carb clinicians allow.

Movement, Exercise & Breathing — Books, Programs & Free Workouts

■ **Spark: The Revolutionary New Science of Exercise and the Brain — John J. Ratey MD with Eric Hagerman (book & audiobook)**

<https://www.hachettebookgroup.com/titles/john-j-ratey-md/spark/9780316113502/>

WHAT IT DOES

The book that made 'exercise is medicine for the brain' a mainstream idea. Ratey, a Harvard psychiatrist, explains what aerobic exercise does to mood, anxiety, attention, stress and ageing, and ends each chapter with what to do: how hard, how often, which kinds. Published 2008; a 2024 BMJ meta-analysis of 218 trials found walking, yoga and strength training meaningfully reduce depression.

WHO IT HELPS

Anyone who needs a convincing reason to start moving, especially with low mood, anxiety, ADHD or chronic stress. A motivator, not a workout plan, and not a substitute for treatment in crisis. With a heart condition or years of inactivity, check with your GP before pushing hard.

Trade paperback US\$19.99, ebook US\$11.99, unabridged audiobook US\$27.99 (Little, Brown Spark, 2008); widely available from public libraries.

■ **Exercise for Mood and Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-Being — Michael W. Otto PhD & Jasper A. J. Smits PhD (book)**

<https://global.oup.com/academic/product/exercise-for-mood-and-anxiety-9780199791002>

WHAT IT DOES

A self-help manual from two clinical psychologists who research exercise for depression and anxiety: how to use movement deliberately for your mood and, above all, how to keep going when you feel flat and unmotivated. Based on the authors' clinician programme in Oxford's Treatments That Work series; carries the Association for Behavioral and Cognitive Therapies' Self-Help Seal of Merit, for methods consistent with research evidence.

WHO IT HELPS

People with low mood, anxiety or stress who know exercise would help but cannot get started or keep going; works alongside therapy or medication. Not a replacement for crisis care. With a heart condition or years of inactivity, check with your GP before pushing hard.

Paperback approx. US\$27 or £17 and ebook (Oxford University Press, 2011; 248 pages); no audiobook; available from public and university libraries.

■ **Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding — Daniel E. Lieberman (book & audiobook)**

<https://www.penguinrandomhouse.com/books/557099/exercised-by-daniel-e-lieberman/>

WHAT IT DOES

Lieberman, a Harvard evolutionary biologist, takes the guilt out of hating exercise by showing that avoiding unnecessary effort is normal and ancient, then tackles the questions (does running wreck knees, how much is enough) using hunter-gatherer, athlete and trial evidence. His conclusions, which public-health guidelines echo: make activity necessary and social, mix walking with vigorous effort and strength work, and stop shaming yourself.

WHO IT HELPS

Sedentary people who feel they 'should' exercise and hate it, and anyone wanting a myth-free account of how much movement matters. A long read, not a programme; the audiobook suits tired readers. With a heart condition or years of inactivity, check with your GP before pushing hard.

Paperback US\$18 (Vintage, 2021; 464 pages), ebook, and unabridged audiobook (13 h 14 min, narrated by Sean Runnette); widely available from public libraries.

■ **Built to Move: The Ten Essential Habits to Help You Move Freely and Live Fully — Kelly Starrett DPT & Juliet Starrett (book & audiobook)**

<https://www.penguinrandomhouse.com/books/707121/built-to-move-by-kelly-starrett-and-juliet-starrett/>

WHAT IT DOES

A mobility book for ordinary bodies by a physical therapist who spent two decades with elite athletes. Ten home self-tests (getting up from the floor without your hands, balancing on one leg, how much you walk), each paired with a ten-minute daily practice, plus plain advice on sitting less, sleep and protein. Gentle, with almost no equipment. An instant New York Times bestseller in 2023.

WHO IT HELPS

Stiff, sore, sedentary or ageing people who want a gentle daily routine to restore range of motion, balance and breathing. Not for treating an injury or diagnosed condition; see a physiotherapist.

Hardcover US\$28, ebook, and audiobook (8 h 32 min, read by the authors); available from public libraries. A free 10-day video challenge is on The Ready State website (registration required).

■ **Breath: The New Science of a Lost Art — James Nestor (book & audiobook)**

<https://www.penguinrandomhouse.com/books/547761/breath-by-james-nestor/>

WHAT IT DOES

The 2020 book that made millions notice how they breathe. Science journalist James Nestor, who spent ten days nose-plugged in a Stanford experiment, shows how mouth breathing and shallow over-breathing are linked to snoring, poor sleep, anxiety and blood pressure, and the fix: breathe through your nose, slow to five or six breaths a minute, exhale fully. Over three million copies in 44 languages.

WHO IT HELPS

People with snoring, poor sleep or anxiety wanting an introduction to slow nasal breathing. Journalism, not treatment: with asthma, COPD, sleep apnoea or panic disorder, keep your treatment and ask your clinician.

Paperback US\$20 (2025 edition), hardcover US\$30, ebook, and audiobook (7 h 56 min, read by the author); widely available from public libraries. Free breathing videos at mrjamesnestor.com. Note: Claims such as breathing straightening a scoliotic spine outrun the evidence and the author is a journalist; the slow-nasal-breathing advice is mainstream.

■ **The Healing Power of the Breath: Simple Techniques to Reduce Stress and Anxiety, Enhance Concentration, and Balance Your Emotions — Richard P. Brown MD & Patricia L. Gerbarg MD (book with audio tracks & audiobook)**

<https://www.shambhala.com/the-healing-power-of-the-breath.html>

WHAT IT DOES

A short, practical breathing course from two psychiatrists, with the audio tracks needed to do it. The core technique is Coherent Breathing (about five slow breaths a minute, paced by a chime), combined with resistance breathing and simple movements in a 20-minute daily programme. Their Breath-Body-Mind programme was tested in a small randomised trial (29 people with inflammatory bowel disease), where it reduced anxiety, depression and the inflammation marker C-reactive protein.

WHO IT HELPS

People with anxiety, low mood, insomnia or trauma symptoms who want a gentle daily breathing practice. Not a replacement for psychiatric care; with serious lung or heart disease, ask your doctor first.

Paperback US\$19.95 with downloadable audio tracks (Shambhala, 2012); ebook; unabridged audiobook with author updates (6 h 2 min, 2022, approx. US\$25). Available from public libraries including OverDrive.

■ **DAREBEE — free, non-profit home-fitness library (2,800+ workouts, programmes and challenges)**

<https://darebee.com/>

WHAT IT DOES

A very large free fitness library with nothing to sell. Darebee is a volunteer-run non-profit publishing original home workouts since 2012: more than 2,800 illustrated one-page workouts (most needing no equipment), around a hundred multi-week programmes including gentle starters such as Primer and Soft Cardio, a monthly challenge and free books, all printable. No ads, product placement, account or paywall; funded by small donations.

WHO IT HELPS

Anyone wanting free, no-equipment exercise at home, especially those who prefer a printed card to a video. Self-guided: with an injury or limiting condition, get advice first and start easy.

Free; no account or app required; optional donation. Works on any device; also available in French, Greek and Russian.

■ **Fitness Blender — free full-length home workout videos from certified trainers**

<https://www.fitnessblender.com/>

WHAT IT DOES

Hundreds of complete follow-along workout videos to do at home free, searchable by length, difficulty, equipment and impact level. Started on YouTube in 2009 by two personal trainers, Kelli and Daniel Segars, as a plain, no-hype alternative to fitness marketing, it became the most-watched fitness channel on YouTube by 2017 and passed six million subscribers by 2020. Clear form cues and a calm, non-judgemental tone.

WHO IT HELPS

People wanting to be shown exactly what to do, free, including beginners and those returning after illness. Not individualised: with a heart condition, joint problems or pregnancy, check with your clinician first.

Free (hundreds of full-length videos, ad-supported). FB Plus US\$8.99/month or US\$79.99/year adds about 1,200 extra workouts, 128 programmes and an ad-free site. Web and YouTube; no app required.

■ **HASfit — free home workouts for beginners, seniors and low-impact exercisers**

<https://hasfit.com/>

WHAT IT DOES

A large free library of full-length home workouts with particular strength in what most fitness channels neglect: beginner, senior (including seated), low-impact cardio and rehabilitation routines. Coaches Joshua and Claudia Kozak demonstrate an easier and a harder version of every move, so any workout can be scaled down. The site reports more than a billion completed workouts over 13 years and a 4.7-star app rating.

WHO IT HELPS

Older adults, people deconditioned by illness and beginners who want someone friendly to follow for 10–30 minutes. Not clinically supervised; with heart disease, osteoporosis or recent surgery, get clearance first.

Free (website, YouTube and iOS/Android app), supported by donations, Patreon and a paid diet guide; no account required for the videos.

■ **We Are Undeatable — free 'ways to move' for people living with long-term health conditions (15 UK health charities)**

<https://weareundeatable.co.uk/>

WHAT IT DOES

A free movement campaign for people whose health makes exercise hard, run by fifteen UK health charities (Mind, Diabetes UK, British Heart Foundation, Versus Arthritis, Macmillan and others) with Sport England and National Lottery funding. Condition-by-condition starting points, short follow-along workouts, honest advice on bad days, a free app, and Five in Five, a booklet of seven five-minute routines with every move seated or standing.

WHO IT HELPS

Anyone with a chronic physical or mental health condition told to be more active who does not know where to begin safely, and their carers. Online anywhere; local signposting is for England. If your condition is unstable, check with your clinician first and start with the seated options.

Free; website, downloadable PDF booklets and a free app; no account needed.

■ **NHS Active 10 — free brisk-walking app (ten minutes a day counts)**

<https://www.nhs.uk/better-health/get-active/>

WHAT IT DOES

A simple free app for people doing almost no exercise: it detects brisk walking and rewards every brisk minute, aiming for one daily 'Active 10': ten brisk minutes in a row. Built for Public Health England on UK Chief Medical Officers' advice that ten brisk minutes a day lowers heart disease, type 2 diabetes and low-mood risk. Over 500,000 Android installs; 4.5 stars.

WHO IT HELPS

Inactive adults or those recovering from illness who want the smallest meaningful first step: a short daily brisk walk. Counts walking only. Designed for England; the app may not be available everywhere. After surgery or a cardiac event, follow your care team's advice on when to start.

Free; iOS and Android; no account needed (optional NHS login for a personalised plan); no in-app purchases listed.

Chronic Illness, Pain & Neurological Conditions — Self-Management That Works

■ **Living a Healthy Life with Chronic Conditions, 5th Edition — Kate Lorig DrPH and colleagues (book, audiobook & free tools)**

<https://www.bullpub.com/living-a-healthy-life-with-chronic-conditions-5th-edition.html>

WHAT IT DOES

The handbook of the Stanford Chronic Disease Self-Management Program, the most-studied self-management course in the world, by the team that created it. Skills that work across conditions: weekly action plans you can keep, problem solving, easing symptoms with your mind, exercise, talking with doctors. Its randomised trial (952 patients, 1999) found better symptom management, less fatigue and fewer hospital stays; over 1.5 million copies sold.

WHO IT HELPS

Anyone with long-term conditions (including depression) who wants a practical, trial-tested routine for taking charge, and family helping them. It does not replace your treatment plan; it helps you carry it out.

Paperback list US\$26.95, PDF ebook US\$24.95, audiobook on CD US\$29.95 or MP3 download US\$26.95; widely held by public libraries. The publisher's worksheets are free.

■ **The Explain Pain Handbook: Protectometer — G. Lorimer Moseley & David S. Butler, with Explain Pain Second Edition (workbook, book, ebook & audiobook)**

<https://www.noigroup.com/product/ep-handbook-protectometer/>

WHAT IT DOES

Explain Pain changed how clinicians treat persistent pain; this 48-page handbook is its hands-on version. 'Pain is always real – but it is not always a sign of damage.' You map your DIMs (Danger in Me) and SIMs (Safety in Me), then use six strategies to turn protection down. A 2016 review of 13 randomised trials found pain neuroscience education, the approach it teaches, reduces pain, disability and fear of movement.

WHO IT HELPS

People with pain lasting months or years where no damage needing treatment has been found, and anyone frightened by scans or moving. Persistent pain only: have new or unexplained pain checked first.

Handbook softcover A\$31.50 (roughly US\$20) from Noigroup; Explain Pain Second Edition print A\$75, ePub or author-read MP3 audiobook A\$35; Explain Pain is held by many libraries.

■ **Tame the Beast — It's time to rethink persistent pain (free 5-minute video & website, Prof Lorimer Moseley)**

<https://www.tamethebeast.org/>

WHAT IT DOES

A free five-minute animated film, narrated by pain scientist Lorimer Moseley, explaining persistent pain, with follow-up pages, stories and a Spanish version. Its message: when pain goes on for a long time 'your system becomes more sensitive. It learns pain.' The site explains how to retrain an over-protective system through understanding and gradual, planned movement. Pain clinics worldwide show it as a first step.

WHO IT HELPS

Anyone with pain lasting more than a few months, and family wanting to understand it. 'Always get a health professional to check you over first.' A starting point, not a complete programme.

Free; watch online, no account; transcript and Spanish version provided.

■ **Retrain Pain Foundation — free pain-science lessons in 23 languages**

<https://www.retrainpain.org/>

WHAT IT DOES

A free library of short slide-based lessons teaching the modern science of persistent pain, a few minutes each: why pain can become over-sensitive after tissues heal and how to turn it down. 15 English lessons, translated into 23 languages. Not trialled itself, but it teaches the pain neuroscience education that a 2016 review of 13 randomised trials found reduces pain, disability and fear of movement.

WHO IT HELPS

People with persistent pain who want to understand it in their own language, and clinicians sharing it with patients. Education, not treatment or medical advice; have new or unexplained pain checked first.

Free; no login or payment; lessons open as online slides. Optional email newsletter.

■ **The Way Out: A Revolutionary, Scientifically Proven Approach to Healing Chronic Pain — Alan Gordon LCSW with Alon Ziv (book & audiobook)**

<https://www.penguinrandomhouse.com/books/617809/the-way-out-by-alan-gordon-and-alon-ziv/>

WHAT IT DOES

The step-by-step guide to Pain Reprocessing Therapy by its developer. Its claim: most long-standing pain without ongoing injury is a learned false alarm, unlearned by collecting evidence it is not dangerous and by 'somatic tracking' (watching sensation with calm curiosity). In a 2022 randomised trial of 151 people, 66% on PRT were pain-free or nearly pain-free versus 20% on placebo and 10% on usual care.

WHO IT HELPS

People with persistent pain and no structural cause found, willing to work on fear and attention. Not for pain from untreated injury, infection, cancer or inflammatory disease; get a medical check first.

Paperback US\$20, ebook, and unabridged audiobook read by Alan Gordon (4 h 51 min); Avery (Penguin Random House), 2021–22; widely available from public libraries including Libby. Note: One 151-person trial co-authored by the developer, in a selected chronic back-pain group; independent replication is awaited; only for pain with structural causes excluded.

■ **The Pain Management Workbook: Powerful CBT and Mindfulness Skills to Take Control of Pain and Reclaim Your Life — Rachel Zoffness PhD (workbook & free audio)**

<https://www.zoffness.com/>

WHAT IT DOES

A workbook from a UCSF pain psychologist turning what pain clinics teach into home exercises. Pain is shaped by body, thoughts, stress and sleep, so it can change; you build a plan of pacing, CBT skills for thoughts that turn pain up, and mindfulness. CBT and mindfulness have decades of trial evidence for chronic pain; endorsed by Lorimer Moseley and Stanford's Pain Psychology Fellowship director.

WHO IT HELPS

Adults (teen edition available) with persistent pain who want a programme to write in, and clinicians using it with patients. Medically assessed pain only; do not change prescribed treatment without your doctor.

Paperback about US\$25 or £20 and ebook (New Harbinger, 2020); library ebook via OverDrive/Libby in many systems. Guided audio free on the author's website with a free account.

■ **Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness — Jon Kabat-Zinn PhD (book & audiobook)**

<https://jonkabat-zinn.com/offerings/books/>

WHAT IT DOES

The book behind Mindfulness-Based Stress Reduction (MBSR), Kabat-Zinn's eight-week course from 1979 for chronic pain and illness, now in more than 720 hospitals and clinics worldwide. It teaches the course: body scan, meditation, yoga, and attending to pain and stress rather than fighting them. A 342-person randomised trial of chronic back pain found 60.5% on MBSR had meaningfully better function versus 44.1% with usual care.

WHO IT HELPS

People with chronic pain or long-term illness willing to practise 45 minutes a day for eight weeks. Not a substitute for medical care; with severe depression or trauma, start with a teacher.

Paperback about US\$25 (second edition, 2013; 720 pages) and ebook about US\$15; abridged audiobook read by the author (5 h 59 min). Very widely held by public libraries.

■ **#MEAction Pacing and Management Guide for ME/CFS and Long COVID (free PDF; adult, paediatric and clinician editions)**

<https://www.meaction.net/pacing-and-management-guides>

WHAT IT DOES

A free four-page guide to pacing, for illnesses where exertion makes you worse. It explains post-exertional malaise (PEM), 'the cardinal symptom of ME/CFS', then gives the method: halve activity to find a baseline, set a heart-rate alert below your PEM threshold, and 'radical rest' before planned exertion. It warns graded exercise 'may do more harm than good'. It matches US CDC guidance on managing PEM.

WHO IT HELPS

People with ME/CFS, Long COVID or any condition with post-exertional malaise, and family helping them. A starting handout, not a programme or a substitute for medical care; written to show your doctor.

Free PDF downloads (no account); adult, paediatric and clinician editions; Swedish, Italian and Dutch translations.

■ **The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles — Terry Wahls MD with Eve Adamson (revised edition; book & audiobook)**

<https://terrywahls.com/the-wahls-protocol/>

WHAT IT DOES

The best-known diet book for multiple sclerosis, by a physician with progressive MS who went from a wheelchair to cycling. Three levels of a vegetable-heavy, gluten- and dairy-free diet, plus an elimination diet and lifestyle advice. The 87-person randomised WAVES trial found the Wahls and older Swank diets both meaningfully reduced fatigue, with no advantage for either: evidence for easing MS fatigue, not reversing MS.

WHO IT HELPS

People with MS or another autoimmune condition wanting a demanding food-first plan (around nine cups of vegetables and fruit a day). Not a replacement for disease-modifying therapy; involve your neurologist.

Paperback US\$25, ebook, and unabridged audiobook (revised edition, 18 h 14 min); Avery (Penguin Random House); widely held by public libraries. The book is complete on its own. Note: The author sells supplements, courses and certification, and the title's 'treat all chronic autoimmune conditions' far outruns one 87-person MS-fatigue trial.

■ **Every Victory Counts manual — Davis Phinney Foundation for Parkinson's (free manual, print or digital, with Care Partner edition)**

<https://davisphinneyfoundation.org/every-victory-counts-manual/>

WHAT IT DOES

A free book-length manual on living well with Parkinson's, with more than 80 expert contributors, now in its seventh edition. It covers how Parkinson's changes over time, exercise as treatment, getting the most from medicines, the non-motor symptoms doctors often miss, building a care team, and acting on what you can control. More than 100,000 copies distributed; a separate Care Partner Manual for families.

WHO IT HELPS

People living with Parkinson's at any stage, and their care partners; free Every Victory Counts Live events extend it. It complements, and does not replace, your neurologist's care.

Free ('print or digital, always free'): digital download anywhere; printed copies posted free in the US and, via Parkinson Canada, in Canada; Care Partner Manual also free.

- **The 36-Hour Day: A Family Guide to Caring for People with Alzheimer Disease, Other Dementias, and Memory Loss — Nancy L. Mace MA & Peter V. Rabins MD MPH, 8th edition (book & audiobook)**

<https://www.press.jhu.edu/books/title/54015/36-hour-day>

WHAT IT DOES

The dementia caregiver's handbook since 1981, now in its eighth edition (Johns Hopkins University Press, 2025), with more than four million copies sold. Practical throughout: how memory and behaviour change; handling bathing, wandering and night-time; responding to anger, suspicion and hallucinations without making things worse; legal, financial and long-term-care decisions; and two chapters on caring for yourself. Alzheimer's organisations and memory clinics recommend it first.

WHO IT HELPS

Family and friends caring for someone with Alzheimer's or another dementia at any stage; also useful for paid carers. About caring for someone else, not self-management for a person with early dementia.

Paperback US\$24.95, hardcover US\$59.95, ebook US\$24.95; unabridged audiobook of the 2025 edition (17 h 12 min) on Audible and library services; very widely held by public libraries.

- **How to Be Sick: A Buddhist-Inspired Guide for the Chronically Ill and Their Caregivers, Second Edition — Toni Bernhard (book & audiobook)**

<https://wisdomexperience.org/product/how-be-sick/>

WHAT IT DOES

A gentle book about what no treatment plan covers in chronic illness: grief, isolation, guilt and fear of a smaller life. Bernhard, a law professor who fell ill in 2001 and never recovered, offers practices you can do lying down, drawn from mindfulness and Buddhist psychology but needing no religious belief. Award-winning, and often recommended by chronically ill readers since 2010.

WHO IT HELPS

People with a long-term illness who feel they are failing at being sick, and their partners and carers. Emotional support, not medical advice; no replacement for treatment or mental-health care if depressed.

Paperback US\$21.95 and ebook US\$17.99 (Wisdom Publications); unabridged audiobook of the second edition (7 h 22 min, 2018) on Audible and library services; commonly available from public libraries.

10

Exercise & Movement — Find Qualified Professionals, Clinical Programs & Inclusive Sport

GET MOVING

Exercise & Movement — Find Qualified Professionals, Clinical Programs & Inclusive Sport

Exercise is one of the best-evidenced treatments for depression, anxiety, poor sleep, insulin resistance and chronic pain — and the hardest advice to act on alone. This chapter is about finding the right people and programs wherever you live: the registers through which you can check that a clinical exercise physiologist, physiotherapist, sport and exercise physician, personal trainer or yoga teacher is qualified and insured; the clinical programs — cardiac and pulmonary rehabilitation, GLA:D for arthritis, exercise oncology — built for people who are frightened to start; the adaptive and Paralympic networks that make sport possible with a disability or a long-term condition; and the official guidelines and the PAR-Q+ screening questionnaire that say how much to do and when to check with a doctor first. Wherever possible the listing is the national or international body that keeps the register, because those outlast any single gym, app or trainer; where a register is voluntary or lists only members, the listing says so. The walking and activity groups in chapter 04 and the free home-workout libraries in the self-help library complement this chapter. Every page was opened and checked before it was added.

Clinical Exercise Physiologists & Exercise-is-Medicine Networks — Find an Accredited Professional

■ ESSA — Find an Accredited Exercise Physiologist or Exercise Scientist (Australia)

<https://essa.org.au/Maps>

WHAT IT DOES

Exercise & Sports Science Australia's member location search lets you enter a postcode and find accredited exercise physiologists, exercise scientists and sports scientists near you. Accredited Exercise Physiologists (AEPs) are university-trained allied health professionals who design and supervise exercise for people with chronic conditions, injuries or disability, and are used to working with people who have never exercised.

WHO IT HELPS

Anyone in Australia who wants exercise prescribed and supervised by a qualified clinician, especially people with diabetes, heart disease, cancer, mental illness, chronic pain or a long gap since they last moved much.

The search is free; AEP sessions are charged by the practitioner and may be partly covered by Medicare chronic disease plans, DVA, NDIS or private health extras.

■ Exercise is Medicine — Global Network Directory of National Centres (international)

<https://acsm.org/eim/programs/global/directory/>

WHAT IT DOES

Exercise is Medicine is the American College of Sports Medicine's initiative to make physical activity assessment and prescription part of routine health care. This directory lists its 33 national centres, from Albania to the United States plus a Latin America entry, each with an email link and, for most, a website and fact sheet, so you can find the EIM body in your own country.

WHO IT HELPS

People outside the big English-speaking markets who want to know whether their country has an exercise-and-health network, and clinicians looking for the local EIM contact.

Free to browse; the national centres are coordinating bodies rather than clinics, so any services they point to are priced locally. Note: Lists national centres, not individual practitioners; a few entries (e.g. Brazil, Chile, Mexico) have no website link, and the email links route through ACSM.

■ US Registry of Exercise Professionals — Find & Verify Certified Professionals (United States)

<https://usreps.org/registry/>

WHAT IT DOES

USREPS is the public registry that accredited US certifying bodies feed into, so you can search more than 130,000 certified exercise professionals by city, state or ZIP code and radius, or verify a name against a credential. It includes ACSM Certified Clinical Exercise Physiologists alongside ACE, NSCA, NCSF and other NCCA-accredited certifications, and flags credentials that are internationally portable. ACSM's own ProFinder now redirects here.

WHO IT HELPS

Americans who want to check that a trainer or clinical exercise physiologist holds a current accredited credential, or to find one nearby; also employers and clinicians who refer.

Searching is free; the professionals listed set their own fees. Note: Only organisations that are USREPS members appear (NASM, for example, is not listed), so absence from the registry does not necessarily mean someone is uncertified.

■ CSEP — Member Directory of Clinical Exercise Physiologists & Personal Trainers (Canada)

<https://store.csep.ca/pages/member-directory>

WHAT IT DOES

The Canadian Society for Exercise Physiology certifies two levels of exercise professional: the CSEP Clinical Exercise Physiologist (CSEP-CEP), a degree-qualified clinician who can work with people with medical conditions, functional limitations or disabilities, and the CSEP Certified Personal Trainer. Its member directory lets you look up certified members near you and see their credentials before you make contact.

WHO IT HELPS

Canadians who want exercise assessed and prescribed by someone with clinical training, including people referred by a doctor after a diagnosis, and anyone checking a trainer's CSEP certification.

The directory is free; members charge their own fees, and some employer or extended health plans reimburse CSEP-CEP services. Note: Listings are opt-in — the page states not all members have chosen to appear — so a certified professional may be missing from the search.

■ CASES (formerly BASES) — Regulated Member Directory of Exercise Scientists (United Kingdom)

<https://www.cases.org.uk/consultants.php>

WHAT IT DOES

The Chartered Association of Sport and Exercise Sciences, successor to BASES, runs this finder for professionals holding its Sport and Exercise Scientist Accreditation, High Performance Sport Accreditation or Exercise Science Certified Practitioner status. You can filter by specialism such as exercise physiologist, exercise psychologist or exercise referral, by specialist population and by UK region, then view contact details.

WHO IT HELPS

People in the UK and Ireland wanting an accredited exercise physiologist or exercise-referral specialist rather than a general gym trainer, and GPs or physios looking for someone to refer to.

Free to search; accredited members work privately or through NHS and university services and set their own charges. Note: Covers accredited sport and exercise scientists; registered UK Clinical Exercise Physiologists (CEP-UK) sit on the separate Academy for Healthcare Science register, which this directory does not include.

■ CPRB / CEPNZ — Register of Clinical Exercise Physiologists (New Zealand)

<https://cprb.org.nz/view-the-register>

WHAT IT DOES

New Zealand's Clinical Physiologists Registration Board publishes the register that Clinical Exercise Physiology New Zealand (CEPNZ) points its own 'find an expert' page to. The table lists every registered clinical physiologist by name with annual practising certificate status, scope of practice (Exercise, Cardiac, Respiratory, Renal, Sleep, Neurophysiology) and registration number, so you can confirm someone is current before booking.

WHO IT HELPS

New Zealanders referred for supervised exercise after a cardiac event, cancer treatment or a chronic-disease diagnosis, and anyone wanting to check a clinical exercise physiologist's registration status.

Free to view; clinical exercise physiologists charge privately or work within public health and ACC-funded programmes. Note: A plain alphabetical table with no location filter — you check a name rather than search by town; CEPNZ's own finder page simply links here.

■ Physiotherapy & Rehabilitation — Find a Physio; Cardiac, Pulmonary, Cancer & Arthritis Exercise Programs

■ World Physiotherapy — Our Members: national physio associations by country (international)

<https://world.physio/our-members>

WHAT IT DOES

World Physiotherapy is the global confederation of 129 national physiotherapy associations representing around 600,000 physiotherapists. Its members page is an A-Z of countries and territories, each linking to the national association — the body that usually runs that country's find-a-physio directory and sets its standards — so wherever you live you can reach the right national gateway in one step.

WHO IT HELPS

Anyone outside the English-speaking countries listed here, expats, and travellers who need a route to a properly regulated physiotherapist in their own country.

Free to browse; the national associations it links to may have free public directories, and physiotherapy itself is priced locally.

■ APTA ChoosePT — Find a Physical Therapist near you (United States)

<https://choosept.com/find-a-pt>

WHAT IT DOES

The American Physical Therapy Association's consumer directory searches licensed physical therapists by city, state or ZIP code within 10 to 100 miles, with a free-text field for condition or focus area and filters for board specialties such as orthopaedics, neurology, oncology, geriatrics and pelvic health, plus telehealth and home-visit options. The page notes you do not need a doctor's referral to see a physical therapist.

WHO IT HELPS

People in the US recovering from injury or surgery, managing pain or a neurological condition, or wanting a graded return to exercise with a licensed therapist.

The directory is free; visits are billed by the clinic and commonly covered in part by health insurance or Medicare. Note: Profiles are managed by the therapists themselves and APTA says it does not validate or endorse the skills described; check state licence status separately if in doubt.

■ Chartered Society of Physiotherapy — Physio2u: find a chartered physio (United Kingdom)

<https://www.csp.org.uk/public-patient/find-physiotherapist/physio2u>

WHAT IT DOES

Physio2u is the CSP's public directory of chartered physiotherapists in private practice. You search by postcode and can narrow to one of around 40 specialities, from sports physiotherapy and hydrotherapy to women's health and neurology. The CSP's companion guidance explains NHS routes, self-referral and First Contact Physiotherapy, and reminds you to look for 'MCSP' after a name and HCPC registration.

WHO IT HELPS

People across the UK who want a private physiotherapist quickly, or who are weighing private treatment against NHS waiting times, and want to be sure the person is chartered and regulated.

Searching is free; private appointments are paid directly or through health insurance, while NHS physiotherapy is free at the point of use. Note: A member-only directory of CSP members who choose to list; NHS-only physiotherapists generally do not appear.

■ Physiotherapy New Zealand — Find a Physio (New Zealand)

<https://physio.org.nz/>

WHAT IT DOES

Physiotherapy New Zealand's public site helps you find a member physiotherapist and browse by area of practice or condition — back pain, stroke, COPD, falls prevention, sports and exercise and more — with plain explanations of what physiotherapy is and how it helps. It is the consumer-facing side of the professional body, built around its 'Find a Physio' search.

WHO IT HELPS

New Zealanders looking for a physiotherapist for an injury, a long-term condition or a safe start to exercise, including those using ACC-funded treatment.

Free to search; treatment is charged by the clinic, with ACC subsidising injury-related physiotherapy and many practices charging set co-payments. Note: Lists PNZ member practices only; the fetched page described the directory and its condition filters but the search form itself loads dynamically.

■ Australian Physiotherapy Association — Choose Physio: Find a Physio (Australia)

<https://choose.physio/find-a-physio>

WHAT IT DOES

Choose Physio is the Australian Physiotherapy Association's consumer directory of member physiotherapists, and the APA's own website names this page as its Find a Physio directory. It is where you look for APA member physiotherapists near you, including APA Titled and Specialist physiotherapists who have completed extra postgraduate training in fields such as sports, musculoskeletal, neurological, cardiorespiratory and pain physiotherapy.

WHO IT HELPS

Australians who want a physiotherapist for rehabilitation, persistent pain or a supervised start to exercise, especially those looking for clinicians with recognised extra training.

Free to search; physiotherapy is paid privately, with rebates available through private health extras, Medicare chronic disease management plans, DVA and NDIS. Note: The page is a JavaScript app; our fetch confirmed only the page title, not the search form, so check it in a browser. Lists APA members only.

■ GLA:D International — osteoarthritis exercise programmes by country (international)

<https://gladinternational.org/home/international-programs/>

WHAT IT DOES

GLA:D (Good Life with osteoArthritis in Denmark) is a researched education-and-exercise programme for hip and knee osteoarthritis, developed at the University of Southern Denmark and delivered by certified physiotherapists. This page lists the countries running it — Denmark, Canada, Australia, Switzerland, Austria, Ireland, Germany, the Netherlands, Finland, China and New Zealand, with Korea coming — and links to each national site, where the clinic finders live.

WHO IT HELPS

People with hip or knee osteoarthritis who have been told to exercise more and want a structured, supervised programme with evidence behind it instead of surgery or painkillers alone.

Free to browse; programme fees are set by each clinic and vary by country, with some public funding or insurance cover. Note: An umbrella page: China and New Zealand are listed without links, and you must go to the national site to find a clinic.

■ GLA:D Australia — Locations: find a certified hip & knee osteoarthritis clinic (Australia)

<https://gladaustralia.com.au/locations/>

WHAT IT DOES

GLA:D Australia's locations page is a map and list of clinics whose physiotherapists or exercise physiologists have completed GLA:D certification. You type 'Suburb, State' into the search bar to see providers near you, with addresses and phone numbers; some offer telehealth, home visits or community venues. The programme itself is two education sessions and twelve supervised exercise sessions over about six weeks.

WHO IT HELPS

Australians with hip or knee osteoarthritis symptoms — including those on a joint-replacement waiting list — who want a proven first-line exercise programme close to home.

Free to search; clinics set their own programme fees, which may be rebated through private health extras or a GP chronic disease management plan.

■ AACVPR — Program Directory: find cardiac & pulmonary rehabilitation (United States)

<https://apps.aacvpr.org/programdirectory/>

WHAT IT DOES

The American Association of Cardiovascular and Pulmonary Rehabilitation's map lets you enter a city, state or ZIP code, choose a 5–50 mile radius and filter for cardiac rehab, intensive cardiac rehab, pulmonary rehab, maintenance (Phase III), supervised exercise therapy for peripheral artery disease and hybrid or virtual delivery, with an option to show only AACVPR-certified programmes.

WHO IT HELPS

Americans recovering from a heart attack, stent, bypass or heart failure diagnosis, or living with COPD or other lung disease, who have been referred to rehab or want to ask for it.

The directory is free; cardiac and pulmonary rehab are covered by Medicare and most insurers when medically referred, with usual co-payments. Note: Listing requires at least one AACVPR member on staff, so some hospital programmes are absent; use the 'AACVPR Certified' filter if you want externally reviewed quality.

■ **Heart Foundation — Find a cardiac rehabilitation program near you (Australia)**

<https://www.heartfoundation.org.au/your-heart/cardiac-services-directory>

WHAT IT DOES

The National Heart Foundation of Australia's directory of cardiac rehabilitation and heart failure programmes across Australia. Enter your postcode or a service name, set a radius from 5 to 50 km, and see hospital and community programmes with their referral requirements, format and any costs. The page also explains what cardiac rehab involves and lists statewide telehealth options for people who cannot attend in person.

WHO IT HELPS

Australians who have had a heart attack, stent, bypass, valve surgery or a heart failure diagnosis and were not automatically referred to rehab, and family members helping them find one.

Free to search; most hospital-based programmes are free through the public system, while private programmes may charge or bill health insurance.

■ **Lung Foundation Australia — Pulmonary rehabilitation & find a program (Australia)**

<https://lungfoundation.com.au/find-support/support-services/exercise-programs/pulmonary-rehabilitation/>

WHAT IT DOES

Lung Foundation Australia explains pulmonary rehabilitation — a six-to-eight-week programme of supervised exercise and education, usually two sessions a week — and what to expect, then links to its support services directory. There you filter by lung condition, service type (including pulmonary rehab and the follow-on Lungs in Action maintenance classes), delivery method (in person, online, phone), postcode and a 50–200 km radius.

WHO IT HELPS

People with COPD, bronchiectasis, pulmonary fibrosis, asthma or long-COVID breathlessness, and anyone who has finished rehab and wants a maintenance exercise class.

Free to search; public hospital programmes are generally free with a referral, and community classes charge modest fees.

■ **ACSM Moving Through Cancer — Exercise Program Directory for people with cancer (international)**

<https://acsm.org/eim/programs/cancer/directory/>

WHAT IT DOES

Exercise is Medicine's Moving Through Cancer directory lists hospital- and community-based exercise and rehabilitation programmes for people during and after cancer treatment, grouped by setting: medical, community facility or at home. You search by area to see what is available and how to make contact. ACSM relaunched it in 2025 with more than 2,300 programmes and a triage tool (EXCEEDS) that matches people to the right level of programme.

WHO IT HELPS

People living with or beyond cancer who have been told exercise is safe and helpful but cannot find a programme that understands treatment side-effects, plus oncology nurses and clinicians who refer.

Free to search; listed programmes range from free hospital classes to paid community sessions. Note: Programmes self-list and ACSM states they have not been evaluated by it; coverage is strongest in the United States although the directory accepts international entries.

Sport & Exercise Medicine Doctors — Find a Specialist

■ ACSEP — Find a Sport & Exercise Physician (Australia & New Zealand)

<https://www.acsep.org.au/>

WHAT IT DOES

The Australasian College of Sport and Exercise Physicians' home page carries its public 'Find a sport & exercise physician' search: choose an Australian state or territory or a New Zealand region (or type a name) to find specialist sport and exercise physicians. SEM physicians are medical specialists who use exercise as a core part of treatment — from elite athletes to people with chronic disease — and can coordinate physios, exercise physiologists and surgeons.

WHO IT HELPS

People with a stubborn musculoskeletal injury, an exercise-limiting medical condition or a complex return-to-activity question who want a doctor whose specialty is exercise rather than surgery.

Free to search; consultations are specialist fees with a Medicare rebate on GP referral in Australia, or private or ACC-funded in New Zealand.

■ AMSSM Sports Medicine Today — Find a Sports Doctor (United States)

<https://www.sportsmedtoday.com/find-a-sports-doctor.htm>

WHAT IT DOES

Sports Medicine Today is the American Medical Society for Sports Medicine's public site, and its finder searches AMSSM physician members by ZIP code within 5–50 miles, or by state, city, country, name or keyword. These are doctors — most trained in family medicine, paediatrics or internal medicine with a sports medicine fellowship — who manage injuries, exercise with chronic illness and safe return to activity without defaulting to surgery.

WHO IT HELPS

Americans wanting a non-surgical sports medicine doctor for an injury, a medical clearance to start exercising, or help exercising with asthma, diabetes, heart disease or after concussion.

Free to search; visits are billed through the usual insurance or self-pay arrangements of each practice. Note: Searches AMSSM's own membership, so sports medicine physicians who are not members will not appear; the country option means a small number of international members are also listed.

■ CASEM — Find a Sport Medicine Physician (Canada)

<https://www.casem-acmse.org/public-directory/find-a-sport-medicine-doctor/>

WHAT IT DOES

The Canadian Academy of Sport and Exercise Medicine's public directory filters physician members by first or last name, clinic, city, province and country, and by base specialty — family practice, paediatrics, physical medicine and rehabilitation, orthopaedic surgery, psychiatry or sport medicine. CASEM also publishes a list of doctors who hold its Diploma in Sport and Exercise Medicine, the recognised Canadian credential.

WHO IT HELPS

Canadians with a sports injury, exercise-related problem or a chronic condition who want a physician trained to prescribe and supervise activity, and coaches or clubs seeking a team doctor.

Free to search; referred visits are generally covered by provincial health plans, while some sport medicine clinics charge privately for uninsured services.

■ FIMS — National Associations of Sports Medicine Worldwide (international)

<https://www.fims.org/membership/national-association-of-sports-medicine/nasm/>

WHAT IT DOES

The International Federation of Sports Medicine lists its roughly 125 national member associations alphabetically from Albania to Venezuela, usually with the association's name, a contact person, address, email and website. FIMS admits one association per country, so this is the quickest way to find the recognised sports medicine body — and through it the doctors — in countries without a public find-a-physician tool.

WHO IT HELPS

Anyone outside Australasia, North America and the UK looking for a sports and exercise medicine doctor, and clinicians wanting the national body in another country.

Free to browse; the national associations may or may not offer public directories, and consultations are priced locally. Note: Coverage is uneven — some entries carry only an email address or say details are unavailable, and the list has not been proofread recently.

Personal Trainers & Strength Coaches — National Registers of Qualified Professionals

■ ICREPs — Member Registers of Exercise Professionals by country (international)

<https://icreps.org/members/>

WHAT IT DOES

The International Confederation of Registers for Exercise Professionals is the umbrella for national registers of personal trainers and fitness instructors that are independent of training providers. Its members page links each register — AUSactive, CIMSPA UK, Fitness Leadership Canada, NZ REPs, US REPs, REPs India, REPs Ireland and others — and shows whether it is a full or associate member, so you can find the register that vets trainers where you live.

WHO IT HELPS

People anywhere who want to know whether a trainer is on their country's independent register, and trainers moving between countries checking how their qualifications carry over.

Free to browse; the national registers it links to are free to search, and trainers set their own fees.

■ AUSactive — Australian Register of Active Health Professionals: Find a Professional (Australia)

<https://directory.ausactive.org.au/directory/professionals>

WHAT IT DOES

AUSactive (formerly Fitness Australia) runs the national register of personal trainers, group exercise instructors, yoga and Pilates teachers and other exercise professionals. Search by location with a radius from 1 to 500 km, then refine by membership tier (Accredited or Registered), level, registration category and 'Delivery Knowledge & Skills' such as Specific Populations, Group Exercise or Exercise Science, and by spoken language.

WHO IT HELPS

Australians choosing a personal trainer or instructor who want proof of current qualifications, first aid and insurance, including older adults or people with health conditions looking for trainers skilled with specific populations.

Free to search; trainers and studios charge their own rates. Note: Registration is voluntary, so good trainers who are not AUSactive members will not appear; being registered confirms qualifications and insurance, not clinical training.

■ REPs New Zealand — Exercise Professional Registry (New Zealand)

<https://reps.org.nz/registry/>

WHAT IT DOES

The Register of Exercise Professionals is New Zealand's independent register of trainers, instructors and exercise facilities. The public registry lists every registered professional by name, filterable by region (Auckland, Canterbury, Otago, Wellington and sub-areas) and by registration level or type, including Personal Trainer, Yoga Teacher and Pilates Exercise Professional, with a separate facility registry and a formal complaints process.

WHO IT HELPS

New Zealanders looking for a personal trainer, group fitness instructor or gym that has signed up to a code of ethical practice, and anyone wanting to check a trainer's registration.

Free to search; registered professionals and gyms set their own fees, and the site points to some subsidised gym memberships. Note: Voluntary register — unregistered trainers are not necessarily unqualified; listings show region and level but little else without clicking through.

■ EREPS — European Register of Exercise Professionals: Member Directory (Europe)

<https://www.ereps.eu/member-directory>

WHAT IT DOES

EREPS is EuropeActive's independent register of instructors, trainers and teachers across Europe, running since 2007. The public directory searches by country, town or city, last name or membership number, and by qualification — personal trainer, fitness instructor, Pilates matwork teacher, group fitness and master-trainer levels — returning each member's location, qualifications and registration expiry date, so you can confirm someone is current.

WHO IT HELPS

People in EU and wider European countries without a strong national register who want a trainer whose qualifications have been checked against the European standards framework.

Free to search; trainers set their own prices. Note: Voluntary register and coverage varies widely by country; many excellent trainers register only with their national body instead.

■ Fitness Leadership Canada — National Registers of exercise professionals by province (Canada)

<https://fitnessleadershipcanada.ca/national-registers>

WHAT IT DOES

Fitness Leadership Canada is the partnership of not-for-profit provincial fitness bodies that sets national standards for exercise professionals. Its registers page explains that registered professionals must be currently certified, insured and hold current CPR, and links to the provincial registries where you look them up: Alberta/NWT, British Columbia (BCRPA), New Brunswick, Nova Scotia and Ontario online, with Manitoba and Saskatchewan by email.

WHO IT HELPS

Canadians choosing a personal trainer or group fitness leader who want to confirm they are certified and insured through their province's recognised register.

Free to browse, and the provincial registries are free to search; trainers set their own fees. Note: A hub page rather than a single search — you are sent on to the provincial register — and Manitoba and Saskatchewan offer only an email contact.

Adaptive & Inclusive Sport — Disability, Older Adults & Long-Term Conditions

■ Move United — Find a Location: adaptive sports member organisations (United States)

<https://moveunitedsport.org/locations/>

WHAT IT DOES

Move United, formed from Disabled Sports USA and Adaptive Sports USA, is the national network of community adaptive sport programmes. Its finder lists 278 chapters, affiliates, adaptive clubs, inclusive clubs and event partners, searchable by keyword and location and filterable by more than 70 sports from adaptive skiing and archery to wheelchair basketball, with list and map views.

WHO IT HELPS

Americans with physical, visual or intellectual disabilities — including veterans and children — who want to try a sport with adapted equipment and trained instructors, and families looking for a local programme.

Free to search; many member programmes are free or low-cost thanks to grants and donations, with some charging per session or season.

■ ParalympicsGB Every Body Moves — Find a disability sport activity near you (United Kingdom)

<https://everybodymoves.org.uk/find-a-local-activity>

WHAT IT DOES

Every Body Moves is the British Paralympic Association's activity finder for disabled people, listing tens of thousands of local sessions, clubs and events running in the next two weeks. Enter a location or use your current position, then filter by activity type (swimming, wheelchair sports, yoga and Pilates and more), impairment type — hearing, learning, mental health, physical, social or behavioural, visual — distance, day and time.

WHO IT HELPS

Disabled people and those with long-term health conditions across the UK, their families and support workers, who want an inclusive local class or club rather than a generic gym.

Free to search; most listed sessions are low-cost community activities, with prices set by each provider. Note: Listings are supplied by activity providers, so details vary in accuracy; confirm with the organiser before travelling.

■ Disability Sports Australia — Get Started in Sport: find a sport or organisation (Australia)

<https://sports.org.au/resources/start-in-sport/>

WHAT IT DOES

Disability Sports Australia's 'Get Started in Sport' hub walks you through five routes: find a national sport with a disability pathway, connect with a disability-specific sport organisation (for vision impairment, cerebral palsy, intellectual disability, deaf sport and more), find opportunities in your state or territory, explore wheelchair sport, or contact one of DSA's local member organisations.

WHO IT HELPS

Australians with any disability who want to try or return to sport, parents of children with disability, NDIS participants looking for recreation providers, and coaches wanting inclusive pathways.

Free to use; club fees vary and some programmes can be funded through NDIS plans. Note: A signposting hub rather than a postcode search; you choose a pathway and then follow links to sport-by-sport or state directories.

■ Special Olympics — Find your local Program (international)

<https://www.specialolympics.org/programs>

WHAT IT DOES

Special Olympics offers year-round sports training and competition for people with intellectual disabilities aged eight and over, with Young Athletes for ages two to seven. The programme finder detects your location or lets you browse all accredited programmes by region — Africa, Asia Pacific, East Asia, Europe/Eurasia, Latin America, Middle East/North Africa and North America — down to country and, in the US, state, each linking to the local organisation.

WHO IT HELPS

People with intellectual disabilities of any age and ability, their families and carers, and volunteers or coaches; the movement spans more than 170 countries and over 200 programmes.

Free to search, and athletes are generally not charged to take part — several US programmes state that training, equipment and uniforms are free to registered athletes.

■ International Paralympic Committee — National Paralympic Committees by country (international)

<https://www.paralympic.org/npc>

WHAT IT DOES

The IPC's list of its 185 National Paralympic Committees, searchable and alphabetical from Afghanistan to Zimbabwe, each linking to a profile page with the committee's website and contacts. NPCs are the national gateways to para sport: most run or signpost find-a-club and classification pathways for people with physical, visual and intellectual impairments at every level, not just elite.

WHO IT HELPS

People with an impairment anywhere in the world who want to find organised para sport in their country, and parents, teachers or clinicians looking for the right national contact.

Free to browse; club and programme costs depend on the national committee and sport. Note: Lists national committees, not clubs or sessions; some NPCs focus on elite athletes, so you may need to follow their links to grassroots partners.

■ Achilles International — Find a Chapter: running & walking with disabilities (international)

<https://www.achillesinternational.org/find-a-chapter>

WHAT IT DOES

Achilles International pairs athletes with disabilities with volunteer guides to run, walk or roll together at weekly workouts and in mainstream races. Its chapter directory is grouped by US state — 33 chapters across 21 states plus DC — and by country, with 34 international chapters in 17 countries including Australia (Brisbane, Sydney, Melbourne), New Zealand, Canada, the UK, Brazil and Japan, each with meeting details or a contact.

WHO IT HELPS

Adults and children with any disability — visual impairment, amputation, cerebral palsy, stroke, autism and more — who want to start moving in a supportive group, and able-bodied runners who want to volunteer as guides.

Free to join and attend workouts; chapters are volunteer-run and funded by donations. Note: Some chapter entries are incomplete ('coming soon' or a contact name only) and many ask you to email before turning up.

■ Halberg Foundation — Parafed Network: regional disability sport organisations (New Zealand)

<https://halberg.co.nz/club/parafed-network/>

WHAT IT DOES

The Halberg Foundation lists New Zealand's twelve regional Parafeds and disability sport organisations — from Parafed Northland and Disability Sport Auckland to Parafed Canterbury, Parafed Otago and Inclusive Activity Murihiku — each with a link to its website. Parafeds run local sport and recreation sessions for disabled people and lend adaptive equipment; the Foundation's wider Club Halberg programme adds activity grants and advisers for young people.

WHO IT HELPS

Disabled New Zealanders of all ages wanting local sport or recreation, and families of young people with physical disabilities who may qualify for Halberg Activity Fund grants.

Free to browse; Parafed memberships and sessions are usually low-cost, and Halberg Activity Fund grants can cover fees and equipment for eligible young people. Note: Website links only, with no phone or email per organisation; the Activity Fund is for young people with physical disability, not all ages or impairments.

Yoga, Pilates, Tai Chi & Mind-Body Movement — Registered Teachers & Therapists

■ Yoga Alliance — Find a Yoga Teacher directory (international)

<https://yogaalliance.org/find-a-yoga-teacher/>

WHAT IT DOES

Yoga Alliance's directory of Registered Yoga Teachers worldwide lets you search by designation — RYT 200, RYT 500, experienced E-RYT levels, Registered Children's (RCYT) and Prenatal (RPYT) teachers — with a plain 'definition of terms' tab explaining what each credential means; profiles show training, location and contact details. RYT 200 marks a teacher who has completed a foundational 200-hour training with a Registered Yoga School.

WHO IT HELPS

Anyone wanting to check a yoga teacher's training background or find registered teachers, especially beginners, pregnant students or parents choosing children's yoga, in any country.

Free to search; class prices are set by teachers and studios. Note: Registration records training hours completed with a registered school; it is not a licence or competency exam, and teachers pay annual fees to stay listed, so absence does not mean a teacher is unqualified.

■ IAYT — Find a Certified Yoga Therapist (C-IAYT) (international)

<https://www.iayt.org/search/custom.asp?id=4160>

WHAT IT DOES

The International Association of Yoga Therapists certifies yoga therapists (C-IAYT) who have completed an IAYT-accredited programme of at least 800 hours in using yoga for health conditions. The finder lets you choose a country, then a state or province, city or the first digits of a postal code, or search by name, and returns up to 1,000 therapists with their town, country and postcode.

WHO IT HELPS

People who want yoga adapted to a health condition — back pain, anxiety, cancer recovery, chronic illness — delivered one-to-one or in small groups by someone trained clinically, and clinicians seeking referral partners.

Free to search; yoga therapy sessions are private-pay, with some therapists working inside hospitals or clinics. Note: Yoga therapy is not a regulated health profession; C-IAYT is a voluntary certification and most listings are in the US, with thinner coverage elsewhere.

■ Yoga Australia — Find a Registered Teacher (Australia)

<https://yogaaustralia.org.au/teachers/>

WHAT IT DOES

Yoga Australia's directory of registered teachers, filterable by teaching level — Level 1 (350 hours), Level 2 (500 hours) and Level 3 Senior (1,000 hours) — and by specialist standards including Yoga Therapy, Children's Yoga, Private Health (teachers whose classes qualify for health fund rebates) and Registered Mentor, with meditation, pranayama and prenatal categories coming. Registered teachers commit to safe, effective practice and continuing education.

WHO IT HELPS

Australians starting yoga who want a teacher with verified training, people with injuries or health conditions looking for a yoga therapist, and those wanting classes eligible for health insurance rebates.

Free to search; class and therapy fees are set by teachers, with some private health extras rebates for eligible teachers. Note: Voluntary registration — many good teachers are not members. The page now lives at yogaaustralia.org.au/teachers/ (the old search address redirects there).

■ NPCP — Find a Nationally Certified Pilates Teacher (US & international)

<https://nationalpilatescertificationprogram.org/NPCP/Directory/CertifiedTeachersList.aspx>

WHAT IT DOES

The NPCP runs the only third-party-accredited Pilates teacher certification exam, and its public list shows more than 4,200 Nationally Certified Pilates Teachers (NCPT) and Pilates Mat Certified teachers. Search by first or last name, city, state, ZIP code, country or certification type; results show certification ID, certified-since and expiry dates so you can confirm someone is current.

WHO IT HELPS

People choosing a Pilates teacher for rehabilitation, bone health or general conditioning who want a credential independent of any one training school, in the US and the growing number of countries with NCPTs.

Free to search; session prices are set by teachers and studios. Note: Coverage is mainly US; many excellent teachers hold school-specific certifications (STOTT, BASI, Polestar) rather than the NCPT exam, so absence here is not a red flag.

■ International Feldenkrais Federation — national Feldenkrais guilds by country (international)

<https://feldenkrais-method.org/member-organisations/>

WHAT IT DOES

The Feldenkrais Method teaches gentle, attention-based movement lessons (Awareness Through Movement classes and hands-on Functional Integration) used for pain, balance, neurological conditions and simply moving more easily. The IFF lists its 28 national guilds and associations — including the Australian Feldenkrais Guild, Feldenkrais Guild UK and Feldenkrais Guild of North America — with contacts and websites, and tells you to contact your national association to find a certified practitioner.

WHO IT HELPS

People with chronic pain, stiffness, neurological conditions or anxiety about movement who want a slow, exploratory approach, and anyone wanting a practitioner who completed an accredited multi-year training.

Free to browse; group classes are usually inexpensive and individual lessons are private-pay. Note: An umbrella list — you must go to the national guild's own directory to find a practitioner near you.

■ STAT — Find an Alexander Technique teacher near me (United Kingdom)

<https://alexandertechnique.co.uk/searchgeo>

WHAT IT DOES

The Society of Teachers of the Alexander Technique's map-based finder takes an address and search radius, optionally a teacher's name, and whether you want private lessons or a course, then shows STAT-registered teachers nearby. The Alexander Technique teaches you to notice and change habits of posture and tension; only teaching members who completed a STAT-approved three-year training and follow its rules may use the STAT seal.

WHO IT HELPS

People in the UK and Ireland with back or neck pain, repetitive strain, Parkinson's or performance-related tension who want to learn to move with less effort, including musicians, actors and desk workers.

Free to search; lessons are private-pay, typically booked as a series, with some teachers offering concessions. Note: Covers STAT members, mainly in the UK; for other countries use STAT's affiliated societies such as AmSAT (US) or AUSTAT (Australia).

■ Taoist Tai Chi Society — Find a Location in 25 countries (international)

<https://www.taoisttaichi.org/find-a-location/>

WHAT IT DOES

The Taoist Tai Chi Society teaches a 108-move tai chi set in volunteer-led community classes, with beginner sessions offered year-round. The location finder lets you pick from 25 countries — Australia, New Zealand, the UK, Ireland, the US, Mexico, Costa Rica, Malaysia and much of Europe — then a city or town, with a map view and addresses; Canada has its own site linked from the page.

WHO IT HELPS

Older adults, people recovering from illness or managing arthritis, balance problems or stress, and anyone who wants gentle, sociable movement that can be learned slowly in a group.

Free to search; classes are run by a charity and funded mainly by modest membership fees and donations, with reduced rates commonly available. Note: A single organisation's branch locator (the Fung Loy Kok Institute of Taoism is a religious charity) rather than an independent register of tai chi teachers; instructors are trained volunteers.

Getting Started Safely — Guidelines, Pre-Exercise Screening & Exercise for Mental Health

■ World Health Organization — Physical activity fact sheet & guidelines (international)

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

WHAT IT DOES

WHO's fact sheet summarises the global guidelines on physical activity and sedentary behaviour: adults should do at least 150 minutes of moderate-intensity activity a week, muscle strengthening benefits everyone, and 'any amount of physical activity is better than none; all physical activity counts'. It sets out the health benefits, how many people fall short (31% of adults, 80% of adolescents) and links to the full age-specific guidelines.

WHO IT HELPS

Anyone who wants the authoritative baseline for how much movement is enough, including people with chronic conditions or disabilities, before they talk to a clinician or trainer.

Free.

■ **PAR-Q+ Collaboration — Physical Activity Readiness Questionnaire for Everyone (international)**

<https://eparmedx.com/>

WHAT IT DOES

The official home of the PAR-Q+, the evidence-based pre-participation screening questionnaire used by exercise professionals worldwide, and its follow-on ePARmed-X+. Seven general health questions clear most people for unrestricted activity; a 'yes' leads to condition-specific follow-ups and, if needed, to the online ePARmed-X+ or a qualified exercise professional. Fillable PDF and online versions are provided, with translations including Chinese and Vietnamese.

WHO IT HELPS

Anyone about to start or step up exercise who wants an honest check on whether to see a doctor or exercise professional first, and trainers, physios and GPs who need the current official form.

Free to complete online or download; the site asks that you use only the official current version.

■ **Australian Department of Health — 24-hour movement guidelines for all Australians (Australia)**

<https://www.health.gov.au/topics/physical-activity/24-hour-movement-guidelines-for-all-australians>

WHAT IT DOES

The Australian Government's official guidelines on physical activity, sedentary time and sleep across the whole day, with separate pages for infants and preschoolers, children and young people, adults (18–64), pregnancy, older adults (65+), people with disability and people with chronic conditions. Adults are asked for 30 minutes or more of moderate-to-vigorous activity on most days plus muscle-strengthening on two or more days, with balance and mobility work for older adults.

WHO IT HELPS

Australians of any age wanting the national recommendation, parents, teachers, and health professionals who need the official printed resources, which can be ordered from the page.

Free, including printed brochures ordered through the page.

■ **Moving Medicine (FSEM) — Patient Information Finder: activity leaflets by condition (UK)**

<https://movingmedicine.ac.uk/consultation-guides/patient-information-finder/>

WHAT IT DOES

Moving Medicine, built by the UK Faculty of Sport and Exercise Medicine, helps clinicians have better conversations about physical activity. The Patient Information Finder picks an age group (adult, child, young person) and one or more conditions — asthma, cancer, diabetes, depression, anxiety, dementia, stroke, Parkinson's, MSK pain, menopause, pregnancy and more — and returns evidence-based leaflets written for patients explaining what activity is safe and worthwhile for that condition.

WHO IT HELPS

People with a diagnosed condition who want trustworthy, condition-specific reassurance about exercising, and GPs, nurses and physios who want something to hand to patients.

Free. Note: Written primarily for UK healthcare professionals to share, so some leaflets reference NHS services; the advice itself is general.

■ **Exercise Right (ESSA) — Find health information: exercise and your condition (Australia)**

<https://exerciseright.com.au/condition-search/>

WHAT IT DOES

Exercise Right is ESSA's public health site, and this library covers about thirty conditions and life stages — diabetes, osteoarthritis, osteoporosis, cancers, lung conditions, Parkinson's, stroke, kidney disease, hypertension, fibromyalgia, menopause, pregnancy, ADHD, autism, dementia, anxiety, PTSD and mental health — each written by accredited exercise professionals, explaining why exercise helps, what kind to do and when to get professional guidance.

WHO IT HELPS

Anyone newly diagnosed and wondering whether exercise is safe for their condition, and carers or clinicians who want plain-language Australian information to share.

Free.

■ **Mind — How to get physically active for your mental health (United Kingdom)**

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-exercise-and-mental-health/tips-for-getting-physically-active/>

WHAT IT DOES

Mind's guide to starting activity when you live with a mental health problem: what to think about first (environment, alone or with others, realistic goals, triggers), how medication, eating problems, anxiety or panic can affect exercise, warning signs to stop, and a menu of options from everyday movement and outdoor activity to structured programmes and clubs. Its refrain is 'any physical activity is better than no physical activity'.

WHO IT HELPS

People with depression, anxiety or other mental health conditions who find standard fitness advice does not account for low motivation, medication or fear of judgement, and the friends or workers supporting them.

Free.

11

Gut Health & the Microbiome — Specialists, Evidence & Communities

GUT HEALTH

Gut Health & the Microbiome — Specialists, Evidence & Communities

The gut-brain connection is real, the science is young, and the marketing is years ahead of the evidence. This chapter steers between the two. It lists the societies and registers through which you can find a gastroenterologist or a dietitian trained in the low-FODMAP diet and other evidence-based approaches; the independent sources — ISAPP, the Cochrane Library, the World Gastroenterology Organisation, the NIH and the yearly Clinical Guide to Probiotic Products — that say plainly which probiotics have evidence for what; the honest answer on consumer microbiome tests (not yet clinically useful, according to both the US standards agency NIST and European consensus); the regulated routes to faecal microbiota transplantation, which guidelines recommend only for recurrent *C. difficile* outside clinical trials; the national and umbrella patient organisations for IBS, inflammatory bowel disease and coeliac disease; and the psychogastroenterology directory for finding a therapist who treats disorders of gut-brain interaction. Nothing here replaces your own clinician — changing medication, starting FMT or a restrictive diet is something to do with one. Every page was opened and checked before it was added.

Gastroenterologists & Digestive-Health Services — Find a Specialist

American College of Gastroenterology — Find a Gastroenterologist (United States)

<https://gi.org/patients/find-a-gastroenterologist/>

WHAT IT DOES

The American College of Gastroenterology's patient-facing directory for locating an ACG member gastroenterologist near you. Search by location to find GI physicians who belong to the College — useful if you are in the US and want a specialist for IBS, IBD, coeliac disease, reflux or recurrent *C. difficile* without relying on advertising or review sites.

WHO IT HELPS

People in the United States who need a gastroenterologist, and carers helping someone find one; listings show practice details, not rankings or reviews.

Free to search; consultations are billed by the practice and usually covered by insurance. Note: Lists ACG members only — a good gastroenterologist who is not a member will not appear.

World Gastroenterology Organisation — Regional & national member society lists (global)

<https://www.worldgastroenterology.org/membership/regional-affiliate-associations>

WHAT IT DOES

The World Gastroenterology Organisation is the federation of more than 100 national gastroenterology societies. This page is the gateway to its four regional member lists (Africa/Middle East, Americas, Asia/Pacific, Europe), each naming the national society for every country with a link to its website — the right starting point when you need the official gastroenterology body in a country not covered elsewhere in this section.

WHO IT HELPS

Anyone, anywhere, trying to find the recognised national gastroenterology society for their country, including patients seeking a professional body to contact and clinicians relocating.

Free to browse; national societies' own specialist finders vary. Note: Lists societies, not individual doctors; some national societies have no website or no public finder.

■ United European Gastroenterology — National and specialist member societies (Europe)

<https://ueg.eu/about/our-members>

WHAT IT DOES

United European Gastroenterology lists its 50 national gastroenterology societies — from Austria and Germany to Ireland, Poland and Portugal — and 17 specialist societies such as ECCO (IBD), ESGE (endoscopy), ESNM (neurogastroenterology) and ESPGHAN (paediatrics), each linking to that society's own website, where you will find clinical standards and, in many cases, member or centre listings.

WHO IT HELPS

People across Europe (including the UK and Ireland) looking for their national gastroenterology society or the European specialist body for IBD, motility disorders or paediatric gut disease.

Free to browse. Note: A few national societies have no website link; the page lists societies, not individual clinicians.

■ British Society of Gastroenterology — Information for Patients (United Kingdom)

<https://www.bsg.org.uk/information-for-patients>

WHAT IT DOES

The British Society of Gastroenterology's patient page: it explains that the BSG cannot advise individuals, points you to Guts UK (the charity that grew out of the BSG) and its helpline, then lists contact details and websites for around 25 UK patient organisations covering coeliac disease, IBD, IBS, liver disease, pancreatic conditions and rare GI syndromes. Specialist referral in the NHS comes through your GP.

WHO IT HELPS

UK patients and families who want a vetted list of condition charities from the professional body itself, rather than from search results.

Free.

■ Canadian Digestive Health Foundation — Digestive Conditions library (Canada)

<https://cdhf.ca/en/digestive-conditions/>

WHAT IT DOES

The Canadian Digestive Health Foundation's index of 26 plain-language condition pages — IBS, Crohn's, ulcerative colitis, coeliac disease, GERD, C. difficile, gastroparesis, lactose intolerance and a page on the microbiome — written for Canadians, with a free symptom-tracking app (myIBS). There is no specialist finder; in Canada you reach a gastroenterologist through your family doctor.

WHO IT HELPS

Canadians newly diagnosed or investigating gut symptoms, and families wanting readable, Canada-specific information before or after a specialist referral.

Free. Note: Charity partners include food, probiotic and pharmaceutical companies, and it runs a paid "CDHF Certified" product programme — read product mentions with that in mind.

■ healthdirect — Service Finder: Australia's national directory of health services (Australia)

<https://www.healthdirect.gov.au/australian-health-services>

WHAT IT DOES

The Australian Government's healthdirect Service Finder searches the National Health Services Directory by service type and suburb or postcode — GPs (with a bulk-billing filter), hospitals, physiotherapy, psychiatry, pathology and the full list of services. In Australia a gastroenterologist or specialist gut dietitian is reached through a GP referral, so this is the practical first step: find a GP, then ask for the referral.

WHO IT HELPS

Anyone in Australia who needs a GP, hospital or allied-health service near them, including as the route to a gastroenterology referral.

Free; the listed services charge their own fees, many bulk-billed or Medicare-rebated. Note: Listings are self-registered by providers, and specialists are not always searchable by sub-specialty — ask your GP for the referral and use the finder for the practical details.

Gut-Health Dietitians — FODMAP-Trained & Registered Dietitian Finders

■ Monash University FODMAP — FODMAP Dietitians Directory (global)

<https://monashfodmap.com/online-training/fodmap-dietitians-directory/>

WHAT IT DOES

Monash University, which developed the low FODMAP diet for IBS, lists dietitians who have completed and passed its online FODMAP course. Filter by continent, face-to-face or online-only appointments, and language. Every listed dietitian must already be accredited by the dietetic body in their own country, so this is a sensible way to find someone trained to guide the diet properly, including the reintroduction phase.

WHO IT HELPS

People with IBS considering a low FODMAP diet anywhere in the world, and GPs or gastroenterologists who want to refer to a trained dietitian.

Free to search; dietitian fees vary by country and practitioner. Note: Monash states it “does not endorse the dietetic services” of those listed; completing the course is the only criterion beyond national accreditation.

■ King's College London — FODMAPs & list of King's FODMAP-trained dietitians (United Kingdom)

<https://www.kcl.ac.uk/slcp/our-departments/fodmap>

WHAT IT DOES

King's College London adapted the low FODMAP diet for UK use and trains NHS and private dietitians through its courses. This page explains the diet plainly, stresses that it “is not recommended to be used without specialist dietary advice from a registered dietitian”, and links to a regularly updated list of King's FODMAP-trained dietitians (published as a PDF) that you can use when choosing a UK dietitian.

WHO IT HELPS

UK adults with IBS who want a dietitian trained in the FODMAP approach, and health professionals looking for the courses.

Free to read and download the list; dietitian consultations are free on the NHS via referral or charged privately. Note: The dietitian list is a downloadable PDF rather than a searchable directory, and it covers only those who have taken King's courses.

■ Dietitians Australia — Find a Dietitian (Australia)

<https://dietitiansaustralia.org.au/find-dietitian>

WHAT IT DOES

The national search for Accredited Practising Dietitians (APDs), with filters for location, telehealth and practice areas including irritable bowel syndrome. APD is the credential Medicare, private insurers and the NDIS recognise, so the search is a way to make sure the person advising you on IBS, coeliac or IBD diets is a regulated dietitian rather than a self-styled nutritionist.

WHO IT HELPS

Australians seeking a dietitian for gut conditions, including those on a GP Chronic Disease Management plan, and New Zealanders willing to use telehealth.

Free to search; consultations are paid, with Medicare rebates available under a GP management plan. Note: Dietitians Australia “relies on the professionals listed to provide true and correct information” and does not verify practice-area claims.

■ British Dietetic Association — Find a Dietitian, freelance directory (United Kingdom)

<https://www.bda.uk.com/find-a-dietitian.html>

WHAT IT DOES

The British Dietetic Association's directory of around 450 freelance dietitians and dietetic companies, searchable by distance from your postcode and session type (in person, online, telephone, home visit), with clinical-expertise filters for gastroenterology, IBS and low FODMAP. Listed dietitians are BDA members, who must be HCPC-registered to use the protected title "dietitian" in the UK.

WHO IT HELPS

UK and Irish adults who want a private dietitian for IBS, IBD or coeliac disease, or who face long NHS waits for dietetic input.

Free to search; private fees are set by each dietitian. Note: Private practitioners only — NHS dietitians are reached by GP or consultant referral and will not appear here; check HCPC registration via the BDA's linked checker.

■ Academy of Nutrition and Dietetics — Find a Nutrition Expert (United States)

<https://eatright.org/find-a-nutrition-expert>

WHAT IT DOES

The Academy's public directory of registered dietitian nutritionists (RDNs) and NDTRs who are Academy members, searchable by location, specialty, language and insurance or payment options. It is the straightforward way in the US to find a credentialed dietitian for IBS (including FODMAP work), coeliac disease, IBD or reflux, instead of an unregulated "nutritionist".

WHO IT HELPS

Americans looking for a registered dietitian, and clinicians referring patients; many listed RDNs offer telehealth across state lines where licensure allows.

Free to search; visits are paid or billed to insurance. Note: Only Academy members who opt in are listed; the fetched page did not show whether a specific IBS or gut-health specialty filter exists until you search.

■ Dietitians of Canada — Find a Dietitian (Canada)

https://members.dietitians.ca/Web/Web/Membership/Directory/Find_a_Dietitian_Directory.aspx?hkey=81abbd4d-e041-4223-8723-7af2d390f04c

WHAT IT DOES

Dietitians of Canada's public directory of member dietitians across all provinces and territories. Search by postal code, city or province, by language, and by health concern — "Digestion and GI nutrition" is one of the options — to find a regulated dietitian for IBS, IBD or coeliac disease.

WHO IT HELPS

Canadians who want a registered dietitian, particularly in private practice where no referral is needed.

Free to search; private consultations are paid, though many extended health plans cover them. Note: Lists members who opt in; dietitians in Canada are regulated provincially, so verify registration with your provincial college if in doubt.

■ ICDA — National Dietetic Associations member list (global umbrella)

<https://internationaldietetics.org/ndas/>

WHAT IT DOES

The International Confederation of Dietetic Associations lists its roughly 50 national member associations — Australia, Canada, Japan, Korea, Mexico, Singapore, South Africa, the UK, the US and many more — with links to each association's website. When you need the recognised dietetic body in a country not covered above (for example Mexico's Colegio Mexicano de Nutriólogos), start here.

WHO IT HELPS

Anyone, anywhere, trying to locate the official dietetic association for their country before searching for a local dietitian.

Free. Note: India's association is not listed; a handful of entries have no website link, and not every national association runs a public finder.

■ Indian Dietetic Association — Find a Registered Dietitian (India)

<https://idaindia.com/registered-dietitians/>

WHAT IT DOES

The Indian Dietetic Association's public register of dietitians who hold its RD credential, awarded after a national examination and supervised training. Names are grouped by state or city chapter (around 1,200 entries), so you can check whether a dietitian advising you on IBS, coeliac disease or IBD has passed the national RD exam.

WHO IT HELPS

People in India seeking a credentialed dietitian, and anyone wanting to verify an Indian dietitian's RD status.

Free to browse; consultation fees are set by each dietitian. Note: A plain name list filtered by chapter — no contact details, specialties or search box, and some duplicate entries.

■ SNDA — List of Accredited Dietitians of Singapore (Singapore)

<https://snda.org.sg/accreditations/dietitians>

WHAT IT DOES

The Singapore Nutrition and Dietetics Association publishes its annual list of Accredited Dietitians of Singapore (ADS) by name and workplace. Dietetics is not state-registered in Singapore, so SNDA accreditation is the closest thing to a professional register when you want someone qualified to manage IBS, coeliac disease or IBD nutrition.

WHO IT HELPS

People in Singapore looking for a credentialed dietitian, or checking whether a hospital or private dietitian holds ADS status.

Free to view; consultation fees depend on the hospital or clinic. Note: Names and workplaces only — around 115 for 2026 — with no search, contact details or specialty filter.

Microbiome Science — Trustworthy Evidence, Probiotic Guides & the Truth About Gut Tests

■ ISAPP — Consumer resources on probiotics, prebiotics & fermented foods (global)

<https://isappscience.org/for-consumers/>

WHAT IT DOES

The International Scientific Association for Probiotics and Prebiotics explains what counts as a probiotic ("specific strains of living microorganisms at specific doses" with tested benefits), why not all fermented foods contain probiotics, how to read a label and how to choose a product, through infographics and short videos checked by academic scientists. It does not promote any company or product.

WHO IT HELPS

Anyone deciding whether a probiotic or prebiotic is worth trying, and clinicians wanting plain-language handouts.

Free. Note: ISAPP has industry members alongside its academic board, although the site states it does not recommend or endorse specific products.

■ **Gut Microbiota for Health (ESNM) — public science portal (global)**

<https://www.gutmicrobiotaforhealth.com/the-project/>

WHAT IT DOES

A public portal on gut microbiota science run since 2012 by the European Society of Neurogastroenterology & Motility. Its News Watch section translates new research for the public in English, French and Spanish; Research & Practice and Food 4 Gut Health sections serve clinicians and dietitians; and there are infographics, videos, monthly newsletters and expert interviews.

WHO IT HELPS

Curious readers who want research news without hype, and dietitians or GPs who want a scientist-edited digest of microbiome studies.

Free. Note: Funded by Danone Research & Innovation and Biocodex (disclosed on its Funding page); editorial control sits with ESNM's scientific section.

■ **Clinical Guide to Probiotic Products — evidence-graded product charts (United States & Canada)**

<https://usprobioticguide.com/>

WHAT IT DOES

An independently produced, evidence-graded chart of probiotic products actually sold in the United States (a sister chart, probioticchart.ca, covers Canada). Products are listed by indication — adult, women's and paediatric health, and functional foods — with strain, dose and a level-of-recommendation rating, updated yearly, so you can see which named products have trial evidence for antibiotic-associated diarrhoea, IBS or C. difficile prevention.

WHO IT HELPS

Pharmacists, GPs and dietitians choosing a probiotic for a patient, and consumers who want strain-level evidence rather than marketing claims.

Free on the web and as an app. Note: Only products marketed in the US or Canada appear; the chart renders in the browser, so the producer's name and the grading key were not visible in the fetched text and should be read on the site itself.

■ **NIH Office of Dietary Supplements — Probiotics fact sheet for consumers (United States)**

<https://ods.od.nih.gov/factsheets/Probiotics-Consumer/>

WHAT IT DOES

A plain-English government fact sheet, updated November 2025, covering what probiotics are, which foods contain them, what the evidence says for IBS and antibiotic-associated diarrhoea ("might help", strain-dependent), who should be careful (preterm infants, seriously ill or immunocompromised people) and how to read a label — including why a higher CFU count is not automatically better.

WHO IT HELPS

Anyone weighing up a probiotic supplement, and carers of people with weakened immunity who need the safety warnings.

Free.

■ **World Gastroenterology Organisation — Global Guideline: Probiotics and Prebiotics (global)**

<https://worldgastroenterology.org/guidelines/probiotics-and-prebiotics>

WHAT IT DOES

The World Gastroenterology Organisation's practice guideline on probiotics and prebiotics (2023 edition), with evidence tables of which strains and doses have trial support for specific adult and paediatric gut conditions. Written for clinicians but free, and available in English, French, Spanish, Portuguese, Russian and Mandarin — the most widely translated authoritative reference on the subject.

WHO IT HELPS

GPs, gastroenterologists, pharmacists and dietitians; motivated patients can use its tables to check a product's strain against the evidence.

Free to download. Note: A clinician-level document — there is no separate patient summary.

■ **Cochrane — Probiotics for preventing *C. difficile* diarrhoea, plain-language summary (global)**

https://www.cochrane.org/evidence/CD006095_what-are-benefits-and-harms-probiotics-preventing-clostridioides-difficile-associated-diarrhea

WHAT IT DOES

Cochrane's plain-language summary of its September 2025 systematic review: across randomised trials, probiotics taken alongside antibiotics reduced *C. difficile*-associated diarrhoea from about 4% to 1.5% (moderate-certainty evidence), with the benefit seen mainly where baseline risk was above 5%, and probably no added harm. A model of how probiotic claims should be read: effect size, certainty and limitations stated plainly.

WHO IT HELPS

Patients and families facing a course of antibiotics in hospital, and clinicians deciding whether to recommend a probiotic.

Free.

■ **EUFIC — Microbiome testing: what it is, how it works and is it regulated? (Europe & global)**

<https://www.eufic.org/en/healthy-living/article/microbiome-testing-what-is-it-how-does-it-work-and-is-it-regulated>

WHAT IT DOES

A plain-language explainer, written with the EU-funded Human Microbiome Action project, on the at-home gut microbiome tests sold online: what they measure, why the same stool sample can get contradictory 'diversity' scores from different companies, why bacteria-disease links are correlations rather than causes, and why the tests sit in a regulatory grey area. Its verdict: for curiosity, not for diagnosing or treating anything.

WHO IT HELPS

Anyone tempted by a consumer microbiome test or a supplement plan sold off the back of one, and clinicians who want a short page to share with patients.

Free to read.

■ **NIST — Evaluating the Analytical Performance of Direct-to-Consumer Gut Microbiome Tests (study, 2024)**

<https://www.nist.gov/publications/evaluating-analytical-performance-direct-consumer-gut-microbiome-testing-services>

WHAT IT DOES

The US National Institute of Standards and Technology sent the same standardised stool material to seven commercial gut-microbiome testing services and compared what came back: results differed as much between companies as between different people, because of methodological variability and weak quality control. Published in *Science* (June 2024), it is the clearest independent evidence that consumer microbiome reports cannot yet be trusted to guide treatment.

WHO IT HELPS

People weighing up a paid microbiome test, and anyone who wants the primary evidence behind the advice to be cautious.

The NIST summary page is free; the full paper is in the journal *Science* (library access or purchase). Note: A research summary, not patient advice; the full article sits behind the journal's paywall.

Regulated Microbiome Therapies — FMT Programs, Guidance & Clinical Trial Registries

■ University of Birmingham — Microbiome Treatment Centre, MHRA-licensed FMT (United Kingdom)

<https://www.birmingham.ac.uk/about/college-of-medicine-and-health/facilities/medicines-manufacturing-facility/microbiome-treatment-centre>

WHAT IT DOES

The UK's first MHRA-licensed facility producing faecal microbiota transplant (FMT) under Good Manufacturing Practice, set up in 2017 inside the University of Birmingham's Medicines Manufacturing Facility. It explains what FMT is, why UK guidelines recommend it only for recurrent or refractory *C. difficile*, how NHS consultants request it on a named-patient basis, current trials (such as STOP-Colitis for ulcerative colitis) and how to become a donor.

WHO IT HELPS

UK patients with recurrent *C. difficile* who want to understand how their hospital obtains FMT, their consultants, and potential stool donors in the Birmingham area.

Supplied to hospitals at £1,300 per 50 ml aliquot; NHS patients do not pay. Note: Requests must come from a consultant clinician, not patients; FMT for conditions other than *C. difficile* is available in the UK only through clinical trials.

■ NICE — FMT for recurrent *C. difficile* infection, guidance HTG638 (United Kingdom)

<https://www.nice.org.uk/guidance/htg638>

WHAT IT DOES

The National Institute for Health and Care Excellence's evidence-based recommendation that FMT be offered on the NHS for recurrent *C. difficile* infection, migrated unchanged from Medical Technologies Guidance 71 and last reviewed in August 2022. Reading it tells you what you are entitled to ask your hospital team about, and why FMT is not recommended outside *C. difficile* except in research.

WHO IT HELPS

UK patients and families dealing with repeated *C. difficile* episodes, and clinicians and commissioners implementing the pathway.

Free; NHS treatment is free at the point of care. Note: Written for health professionals and commissioners; it refers to related NICE guidance for the precise eligibility criteria rather than stating them on this page.

■ TGA — Faecal microbiota transplant products: how they are regulated (Australia)

<https://www.tga.gov.au/products/biologicals/faecal-microbiota-transplant-products/overview/faecal-microbiota-transplant-products-regulation>

WHAT IT DOES

Australia's medicines regulator explains how FMT has been regulated since 1 July 2021: most products are Class 1 (made and used in the same hospital) or Class 2 (on the ARTG from a third-party supplier) biologicals, donors must be screened to Therapeutic Goods Order 105, and FMT cannot otherwise be supplied directly to the public. Essential context for anyone offered FMT outside a hospital or clinic.

WHO IT HELPS

Australians and New Zealanders considering FMT for *C. difficile* (or being marketed it for anything else), plus gastroenterologists and hospital pharmacists.

Free to read. Note: Written for manufacturers and clinicians rather than patients; it does not list which hospitals offer FMT.

■ WHO International Clinical Trials Registry Platform — ICTRP search portal (global)

<https://www.who.int/tools/clinical-trials-registry-platform/the-ictrp-search-portal>

WHAT IT DOES

The World Health Organization's single search point across the world's primary clinical trial registries (ANZCTR, ISRCTN, EU, Chinese, Indian, Japanese and others), so you can look up recruiting microbiome, FMT, probiotic or IBD trials in any country without checking each registry separately. Also the place to confirm that a "study" a clinic quotes is actually registered.

WHO IT HELPS

Patients and families looking for a trial of FMT or microbiome therapies for IBD, IBS or C. difficile, and clinicians advising them.

Free. Note: Records are in English only and summarise each trial briefly — follow the link to the originating registry for contact details.

■ ANZCTR — Australian New Zealand Clinical Trials Registry (Australia & New Zealand)

<https://www.anzctr.org.au/default.aspx>

WHAT IT DOES

The public registry of clinical trials under way in Australia and New Zealand (and some elsewhere), with basic and advanced search. Each record lists the condition, eligibility criteria and a public contact you can approach, so people with IBD, IBS or C. difficile can find local FMT, diet or probiotic trials — and check that a trial they have been offered is registered.

WHO IT HELPS

Australians and New Zealanders interested in joining gut-health research, and clinicians looking for referral options.

Free to search.

IBS, IBD, Coeliac & Gut–Brain Disorders — Patient Organisations & Umbrella Federations

■ IFCCA (formerly EFCCA) — National Crohn's & colitis associations (global umbrella)

<https://www.ifcca-ibd.org/members>

WHAT IT DOES

The International Federation of Crohn's & Ulcerative Colitis Associations — until recently the European federation EFCCA — lists its 51 national patient associations by region: 36 across Europe, eight in the Americas (Argentina, Brazil, Chile, Colombia, Costa Rica, Mexico, Trinidad & Tobago, Uruguay), Israel and Lebanon, and Australia, New Zealand, Singapore and Kazakhstan, with each association's website or contact.

WHO IT HELPS

People with Crohn's disease or ulcerative colitis anywhere who want their national patient association, and those moving between countries.

Free. Note: Some entries show only an email or social-media page; the US foundation is not a member (it is listed separately in this directory).

■ Crohn's & Colitis UK — Information about Crohn's and Colitis (United Kingdom)

<https://www.crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis>

WHAT IT DOES

The UK's leading IBD charity's information hub: understanding Crohn's and colitis, symptoms, treatments, surgery, living with the conditions, work and education, benefits and finances, and supporting someone, plus downloadable booklets. The helpline (0300 222 5700, weekdays 10am–3pm, by phone, email or live chat) listens and signposts, and is clear that it is not medically trained.

WHO IT HELPS

People in the UK with Crohn's or ulcerative colitis, parents of children with IBD, partners and employers.

Free; optional membership from £15 a year.

■ **IFFGD — International Foundation for Gastrointestinal Disorders (United States)**

<https://iffgd.org>

WHAT IT DOES

Founded in 1991 by a patient, IFFGD publishes reviewed information on functional and motility disorders — IBS, functional dyspepsia, GERD, gastroparesis, constipation, incontinence — through its main site and sister sites such as aboutibs.org, with a publications library, videos, Spanish-language material, a dietitian listing and a provider-finder link, and it funds research and advocacy in Washington.

WHO IT HELPS

People in the US (and English-speakers elsewhere) living with IBS or other disorders of gut-brain interaction, and families trying to understand them.

Free. Note: Its Industry Council includes AbbVie, Ironwood, Pfizer, Takeda and others (disclosed on the site); provider and dietitian listings are self-submitted.

■ **Guts UK — Information about digestive conditions and symptoms (United Kingdom)**

<https://gutscharity.org.uk/advice-and-information/>

WHAT IT DOES

Guts UK, the national charity for the digestive system (it grew out of the British Society of Gastroenterology), offers PIF TICK-accredited information on more than 40 conditions and symptoms across gut, liver and pancreas, a helpline (0300 102 4887) for guidance and signposting, printed leaflets for clinics, patient stories and a "Poo-Torial" tool. It is also one of the few UK charities funding research across all digestive conditions.

WHO IT HELPS

Anyone in the UK with gut symptoms who wants trustworthy information before or after seeing a GP, including those with IBS, reflux, coeliac disease or IBD.

Free.

■ **Gastrointestinal Society (badgut.org) — Canada's digestive-health charity: information, helpline & groups (Canada)**

<https://badgut.org/>

WHAT IT DOES

The Gastrointestinal Society, run with the Canadian Society of Intestinal Research, is Canada's charity for digestive health — 'all things gum to bum'. Its site holds a plain-English library on conditions from IBS and IBD to reflux, coeliac disease and C. difficile, the Inside Tract newsletter, patient surveys and free online support groups, with bilingual (English/French) material.

WHO IT HELPS

Canadians with chronic digestive conditions and their families; much of the material is useful to any English-speaking reader.

Free; donations optional.

■ **Celiac Disease Foundation — Find a Healthcare Practitioner (United States)**

<https://celiac.org/about-celiac-disease/find-a-healthcare-practitioner/>

WHAT IT DOES

A free US directory of physicians, dietitians, mental-health and allied-health professionals who treat coeliac disease, searchable by address within 25–100 miles, name and specialty (gastroenterology, paediatric gastroenterology, dietetics). The Foundation verifies that each listed practitioner holds a valid licence and marks those in a Celiac Disease Recognized Unit of Excellence or with documented coeliac continuing education.

WHO IT HELPS

Americans with coeliac disease or suspected gluten-related disorders who need a clinician familiar with the condition, and parents of newly diagnosed children.

Free to search; visits are paid or insured. Note: Practitioners submit their own listings; licence verification is drawn from state boards and the Foundation disclaims endorsement.

■ Coeliac Australia — Coeliac disease explained, fact sheets & helpline (Australia)

<https://coeliac.org.au/learn/coeliac-disease/>

WHAT IT DOES

Australia's national coeliac charity explains the condition ("approximately 1 in 70 Australians have coeliac disease... only 20% are diagnosed"), why diagnosis must come before going gluten-free, and how it differs from non-coeliac gluten sensitivity and IBS, with multilingual fact sheets and a self-assessment quiz. The helpline (1300 458 836) and membership give ongoing support; its health-professionals hub covers testing and the gluten challenge.

WHO IT HELPS

Australians (and New Zealanders using the material) with diagnosed or suspected coeliac disease, their families, and GPs wanting a testing pathway.

Free information and helpline; membership is paid. Note: No dietitian finder or local support-group listing on the site — use Dietitians Australia for an APD; the charity also runs a paid food-endorsement and restaurant-accreditation programme.

■ Association of European Coeliac Societies (AOECS) — Member societies (Europe & affiliates)

<https://www.aoecs.org/about-us/members/>

WHAT IT DOES

The Association of European Coeliac Societies lists its 40 full member societies across Europe — from Ireland, the UK, France and Germany to Iceland, Malta and Ukraine — plus associate and affiliate members in Israel, Jordan, Turkey, Mexico and the United States, each with a website link. AOECS licenses the Crossed Grain gluten-free trademark and represents roughly 300,000 people with coeliac disease.

WHO IT HELPS

People with coeliac disease living in or travelling to Europe who want the national society (and its gluten-free food lists) for a particular country.

Free. Note: A few societies list only a Facebook page; services and membership fees vary by country.

Gut-Brain Axis — Psychogastroenterology & Research Centres

■ Rome Foundation — What is a Disorder of Gut-Brain Interaction? (global)

<https://theromefoundation.org/what-is-a-disorder-of-gut-brain-interaction-dgbi/>

WHAT IT DOES

The Rome Foundation, which writes the diagnostic criteria for IBS and functional dyspepsia, explains why these conditions are now called disorders of gut-brain interaction rather than "functional" disorders, how gut motility, sensitivity, immune function, microbiota and brain processing interact, and links to its patient video library, the Bristol Stool Scale and the GastroPsych directory of specialist therapists.

WHO IT HELPS

Anyone told they have IBS, functional dyspepsia or chronic constipation who wants to understand the diagnosis, and clinicians explaining it.

Free.

■ Rome Foundation GastroPsych — Find a GI psychologist directory (global, mainly US)

<https://romegipsych.org/>

WHAT IT DOES

A searchable directory of psychologists and other mental-health clinicians trained in psychogastroenterology — the evidence-based brain–gut behaviour therapies for IBS and other disorders of gut–brain interaction — run by the Rome Foundation's GastroPsych section. Enter a city or postcode (with advanced options) to find members; about 70% hold doctoral psychology qualifications and roughly 20% practise outside the US.

WHO IT HELPS

People with IBS, functional dyspepsia or IBD-related distress whose gastroenterologist has suggested psychological treatment, and GI clinicians building referral networks.

Free to search; therapy fees vary and may be insured. Note: Listing is by Rome GastroPsych membership rather than independent credential checks, and coverage outside North America is still thin.

■ APC Microbiome Ireland — Education and Public Engagement (Ireland)

<https://www.ucc.ie/en/apc/outreach/>

WHAT IT DOES

APC Microbiome Ireland, the Science Foundation Ireland research centre at University College Cork founded in 2003, is one of the world's leading groups on the microbiome–gut–brain axis. Its outreach page offers free public resources: the Microbe Magic website and Mind Your Microbes app for learning how diet, age and exercise change gut bacteria, World Microbiome Day events, IBD Insights patient articles and school programmes.

WHO IT HELPS

Curious adults, teachers and students who want evidence-based microbiome education, and people with IBD interested in first-hand accounts and research news from Ireland.

Free.

Peer Support & Communities — Living With a Gut Condition

■ Crohn's & Colitis UK — Find a Local Network (United Kingdom)

<https://www.crohnsandcolitis.org.uk/info-support/find-a-local-network>

WHAT IT DOES

Crohn's & Colitis UK's 47 volunteer-run Local Networks hold educational talks, social meet-ups and awareness events across England, Scotland, Wales and Northern Ireland. Search by postcode or browse by nation and region to find yours; the same page links the helpline (0300 222 5700) and the charity's virtual social events and online forum.

WHO IT HELPS

People of any age living with Crohn's or ulcerative colitis in the UK, and family members who want to meet others locally.

Free; membership optional.

■ Crohn's & Colitis Australia — Find a support group near you (Australia)

<https://crohnsandcolitis.org.au/support-groups/>

WHAT IT DOES

Crohn's & Colitis Australia's locator for peer support groups: enter your location and a radius (10 to 500 km) to find facilitated meetings where everyone present, including the facilitator, is affected by Crohn's or colitis. Family, partners and loved ones are welcome; there is a separate young adult programme and an option to start a group where none exists. The IBD helpline is 1800 138 029.

WHO IT HELPS

Australians with inflammatory bowel disease, their partners and parents, and people in regional areas who may need to start a group.

Free.

■ Crohn's and Colitis Canada — Peer Support groups (Canada)

<https://crohnsandcolitis.ca/support-for-you/peer-support>

WHAT IT DOES

Three free online peer support groups run by Crohn's and Colitis Canada: a monthly group for adults living with Crohn's or colitis, a Young Adult group (18–30) on the last Wednesday of each month, and a bimonthly Caregiver group for parents, partners and friends. Sign up through Crohn's and Colitis Connect or a registration form; the site also offers a Find My Community page for provincial chapters.

WHO IT HELPS

Canadians with IBD at any stage, young adults wanting peers their own age, and caregivers in any province (sessions are online, so distance is no barrier).

Free.

■ Coeliac UK — Local Groups (United Kingdom)

<https://www.coeliac.org.uk/local-groups/>

WHAT IT DOES

Coeliac UK's volunteer-run local groups — around 67 across England, Scotland, Wales, Northern Ireland and the Isle of Man — host coffee mornings, gluten-free food events and talks. Pick your region to see each group's page and contacts; the charity's community pages also offer one-to-one support from volunteers who have lived with coeliac disease themselves.

WHO IT HELPS

Newly diagnosed adults and parents of coeliac children in the UK who want to meet others and swap practical gluten-free advice.

Free to attend; Coeliac UK membership (which includes the Food & Drink Guide) is paid.

■ IFFGD — Support Groups for GI Conditions (United States & Canada)

<https://iffgd.org/resources/patient-resources-organizations/support-groups-getting-the-help-you-need/>

WHAT IT DOES

IFFGD's curated list of in-person and online support groups for functional and motility gut disorders in the US and Canada — gastroparesis, cyclic vomiting, motility disorders, IBD, chronic pain and the GI Society's IBS and IBD Zoom groups — with practical advice to ask a community hospital or GI practice if nothing fits. IFFGD states it does not endorse the groups and asks you to use your own judgement.

WHO IT HELPS

Americans and Canadians with IBS, gastroparesis or other disorders of gut–brain interaction who want peers, and clinicians signposting patients.

Free; a couple of listed organisations require membership. Note: A signposting list rather than IFFGD-run groups; check each group's current schedule as details change.

■ Gastrointestinal Society (badgut.org) — Free Zoom support groups for IBD and IBS (Canada)

<https://badgut.org/events/support-groups/>

WHAT IT DOES

Free monthly Zoom support groups run by Canada's GI Society: an IBD group (Crohn's, ulcerative colitis, proctitis, microscopic colitis) on the third Wednesday at 7pm Pacific, and an IBS and Mental Health group on the last Thursday at 7pm Atlantic that welcomes anyone with a digestive condition, plus Facebook groups. Facilitators are not medical experts and the groups "supplement and do not replace medical care".

WHO IT HELPS

Canadians with IBD or IBS who want peer support without travelling; the Zoom format suits rural and remote areas, and sessions are open to the public.

Free — "there is no charge to attend".

Important Disclaimer

This directory is provided for **educational and informational purposes only** and does not constitute medical advice, diagnosis, or treatment. Always consult with a qualified healthcare professional before making changes to your medication regimen or starting any new therapy.

This document does not guarantee the legitimacy, quality, or suitability of any business, organization, or practitioner listed within. The inclusion of any listing does not constitute an endorsement, recommendation, or verification of credentials. All organizations listed are independent entities over which the creators of this directory have no control or oversight.

This directory is intended to be used as a **starting point and reference** for the reader to conduct their own research, exercise their own judgment, and apply their own discretion before engaging with any listed organization or professional. Readers are strongly encouraged to independently verify credentials, read reviews, check licensing, and confirm current pricing and availability directly with each organization before committing to any services.

Costs, availability, contact details, and services may change at any time without notice. Information was accurate to the best of our knowledge at the time of publication.

About NotBroken.io: this directory and the accompanying Breathe, Calm, Sleep, Move, Eat, Track and Build tools are built and maintained independently by Nathan Leary. How each tool works, its safety notes, the privacy policy and terms of use are at notbroken.io/about (<https://notbroken.io/about/>), notbroken.io/privacy (<https://notbroken.io/privacy/>) and notbroken.io/terms (<https://notbroken.io/terms/>). The tools are general wellness aids, not medical devices, and Track is a personal journal that never gives medication advice.

If you are in crisis: Please contact your local emergency services immediately, or reach out to one of the following helplines:

International: Befrienders Worldwide — befrienders.org/find-support

United States: 988 Suicide & Crisis Lifeline (call or text 988) • Crisis Text Line (text HOME to 741741)

United Kingdom: Samaritans — 116 123 (free, 24/7)

Canada: Talk Suicide Canada — 988 (call or text, 24/7)

Australia: Lifeline — 13 11 14 (24/7) • Beyond Blue — 1300 22 4636

New Zealand: Need to Talk? — 1737 (free, 24/7)

Europe: European Emergency Number — 112

India: iCall — 9152987821 • Vandrevalla Foundation — 1860 2662 345

Singapore: Samaritans of Singapore — 1-767 (24/7)

Japan: TELL Lifeline — 03-5774-0992