

THE ULTIMATE

# Chronic Illness Resource Guide

170+  
RESOURCES



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## INTRODUCTION

# Hi! I'm Haley James!

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I'm so glad to have you here, and I'm so excited to share my free Chronic Illness Resource Guide with you! As someone who has lived with multiple chronic and rare conditions for years, I know just how overwhelming and isolating life can feel when you're navigating the complex world of chronic illness. Whether it's juggling countless doctor appointments, navigating medical treatments, or managing the emotional and physical toll it takes on your daily life, I've been there—and I get it.

Living with a chronic illness (or, like many of us, multiple conditions) can sometimes feel impossible. The ups and downs, the unpredictability, and the frustration of searching for answers can be exhausting, and it can often leave us feeling completely alone. But one thing I've found that actually makes a difference is having access to the right tools and resources—things that can help you not only understand the healthcare system but also connect with others who truly understand what you're going through.

That's exactly why I created this resource guide. It's packed with over 170 resources that I've personally found useful or that have been recommended to me by others in the chronic illness community. You'll find everything from practical tips for navigating the healthcare system to financial assistance programs, research and clinical trial opportunities, advocacy groups, caregiver support, and even spaces where you can connect with people who are walking a similar path.

I hope that the resources in this guide are able to help you on your journey like they have helped me!

As always, thanks for being here with me! I love you, I mean it ♡

*- Haley James*

# Intro & Disclaimer

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Navigating chronic illness can feel overwhelming, especially when you're searching for the right support, treatments, or answers. That's why I've created this comprehensive guide of 170+ resources, covering everything from research and clinical trials to financial assistance, advocacy, support groups, rare diseases, undiagnosed conditions, and caregiver support.

I know firsthand how daunting it can be to find trustworthy resources when you're already managing so much. My hope is that this guide will not only make that process a little easier but also provide you with the tools, information, and support you need to take control of your health journey and improve your quality of life.

Whether you're newly diagnosed, exploring treatment options, or looking for financial assistance, there's something here for everyone!

Check out these resources, pass them on to others that may need them and remember, you're not alone in this.

## **DISCLAIMER -**

*This resource guide is for informational purposes only. While I strive for accuracy and completeness, I make no warranties or guarantees about the information provided. Any reliance on the information is at your own risk, and I am not liable for any loss or damage that may result.*

*I have no control over the content or availability of linked websites, and their inclusion does not imply endorsement. While I make every effort to keep the guide running smoothly, I am not responsible for any technical issues that may arise.*

*This guide is not a substitute for professional advice or services. If you have specific questions, consult a knowledgeable professional.*

# Mental Health Resources

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**Psychology Today:** a website that provides information, articles, and resources related to mental health and wellness, including a directory of therapists and mental health professionals.

<https://www.psychologytoday.com/us/therapists/chronic-illness>

**American Psychological Association (APA):** APA is the largest scientific and professional organization representing psychology in the United States. Their website offers information on a variety of mental health topics, as well as resources for finding a psychologist or therapist. <https://www.apa.org/>

**Mental Health America (MHA):** MHA is a community-based nonprofit organization dedicated to promoting mental health and preventing mental illness. Their website offers resources for individuals living with mental illnesses, including those with chronic illnesses, and provides information on advocacy efforts. <https://www.mhanational.org/>

**BetterHelp:** BetterHelp is an online counseling service that provides access to licensed therapists from the comfort of your own home. This can be especially beneficial for those with chronic illnesses who may have limited mobility or energy to attend in-person therapy sessions. <https://www.betterhelp.com/>

**The Mighty:** The Mighty is a digital health community that offers resources and support for those living with chronic illnesses. They provide a safe space for individuals to share their experiences and connect with others who can relate. <https://themighty.com/>

**Headspace:** Headspace is a mindfulness and meditation app that offers guided meditations to reduce stress and improve overall well-being. It can be a helpful tool for individuals with chronic illnesses who may experience high levels of stress and anxiety. <https://www.headspace.com/>

**7 Cups:** 7 Cups is an online emotional support service that connects individuals with trained volunteers for anonymous chat sessions. This can be a helpful resource for those who may not have access to mental health services in their area. <https://www.7cups.com/>

**The National Alliance on Mental Illness (NAMI):** NAMI is a national organization that provides education, support, and advocacy for individuals living with mental health conditions. They offer resources specifically for those with chronic illnesses, including a guide to managing the intersection of chronic illness and mental health. <https://www.nami.org/>

**Talkspace:** Talkspace is an online therapy service that provides access to licensed therapists through a mobile app or web platform. It can be a convenient option for those with chronic illnesses who may have difficulty leaving their homes for in-person appointments. <https://www.talkspace.com/>

**Psych Central:** Psych Central is an online resource for mental health information and support. They offer articles, forums, and quizzes to help individuals learn more about their mental health and connect with others who can relate. <https://psychcentral.com/>

**Calm:** Calm is a meditation and sleep app that offers guided meditations, sleep stories, and relaxation techniques to promote better sleep and reduce anxiety. It can be a helpful resource for those with chronic illnesses who may struggle with insomnia or disrupted sleep patterns. <https://www.calm.com/>

**Depression and Bipolar Support Alliance (DBSA):** DBSA is a national organization that provides support, education, and advocacy for individuals living with depression and bipolar disorder. They offer online support groups and resources specifically for those with chronic illnesses. <https://www.dbsalliance.org/>

**HeadsUpGuys:** HeadsUpGuys is a resource for men who may be struggling with depression, anxiety, or other mental health conditions. They offer information and support specifically tailored to men's mental health needs. <https://headsupguys.org/>

**Happify:** Happify is a digital platform that offers evidence-based tools and activities to improve emotional well-being. It can be a helpful resource for individuals with chronic illnesses who may experience depression, anxiety, or other mood disorders. <https://www.happify.com/>

**Sanvello:** Sanvello is a mobile app that offers tools and resources for managing stress, anxiety, and depression. It includes mood and health tracking features to help individuals monitor their mental health over time. <https://www.sanvello.com/>

# Help Line Resources

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**National Suicide Prevention Lifeline: 1-800-273-8255**

The National Suicide Prevention Lifeline provides free, confidential support to anyone in distress and offers prevention and crisis resources.

**Crisis Text Line: Text HOME to 741741**

Crisis Text Line provides free, 24/7 support via text message for anyone in crisis, including those struggling with mental health issues or chronic illnesses.

**SAMHSA National Helpline: 1-800-662-HELP (4357)**

The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline provides free, confidential information and support for those facing mental health or substance abuse issues.

**Veterans Crisis Line: 1-800-273-8255 (Press 1)**

The Veterans Crisis Line offers free, confidential support to veterans in crisis and their loved ones, including those struggling with mental health issues related to chronic illnesses.

**Trans Lifeline: 1-877-565-8860**

Trans Lifeline provides free, confidential support for transgender and gender-nonconforming individuals in crisis, including those struggling with mental health issues related to chronic illnesses.

**The Trevor Project: 1-866-488-7386**

The Trevor Project provides crisis intervention and suicide prevention services to LGBTQ+ youth, including those struggling with mental health issues related to chronic illnesses.

**National Domestic Violence Hotline: 1-800-799-SAFE (7233)**

The National Domestic Violence Hotline provides crisis intervention and support to anyone experiencing domestic violence or abuse, including those struggling with mental health issues related to chronic illnesses.

**National Sexual Assault Hotline: 1-800-656-HOPE (4673)**

The National Sexual Assault Hotline provides free, confidential support and resources to survivors of sexual assault, including those struggling with mental health issues related to chronic illnesses.

**Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746**

The Disaster Distress Helpline provides 24/7 crisis counseling and support to anyone experiencing emotional distress related to natural or human-caused disasters, including those struggling with mental health issues related to chronic illnesses.



# Medical ID Resources

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**American Medical ID:** Offers a wide variety of medical IDs, including bracelets, necklaces, and more, that can be customized with important medical information. <https://www.americanmedical-id.com/>

**MedicAlert:** A non-profit organization that offers a range of medical IDs and services, including 24/7 emergency response support. <https://www.medicalert.org/>

**Lauren's Hope:** Offers a variety of stylish medical IDs, including bracelets, necklaces, and anklets, that can be customized to fit individual needs. <https://www.laurenshope.com/>

**Road ID:** Specializes in athletic medical IDs, including wristbands and shoe tags, for those with chronic illnesses who enjoy outdoor activities. <https://www.roadid.com/>

**N-Style ID:** Offers a variety of medical IDs, including bracelets, necklaces, and shoe tags, that can be customized with important medical information. <https://www.n-styleid.com/>

**StickyJ Medical ID:** Offers a range of medical IDs, including bracelets, necklaces, and charms, that can be customized with important medical information. <https://www.stickyj.com/>

**Universal Medical Data:** Offers medical IDs that can be customized with important medical information, including a USB option that allows for even more information to be stored. <https://www.universalmedicaldata.com/>

**MyID:** Offers a medical ID bracelet that can be linked to an online profile where important medical information can be stored and updated. <https://getmyid.com/>

# Research Database Resources

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**PubMed:** A database of biomedical literature from the National Library of Medicine. Contains over 32 million citations from journals, books, and online resources. <https://pubmed.ncbi.nlm.nih.gov/>

**Cochrane Library:** A collection of systematic reviews and clinical trials that provide evidence-based information to healthcare professionals. <https://www.cochranelibrary.com/>

**ClinicalTrials.gov:** A database of clinical trials conducted around the world. Contains information on trial design, participants, and outcomes. <https://www.clinicaltrials.gov/>

**MedlinePlus:** A consumer health database that provides information on health conditions, medications, and treatments. <https://medlineplus.gov/>

**Agency for Healthcare Research and Quality:** A database of evidence-based clinical practice guidelines from various organizations. <https://www.ahrq.gov/>

**The World Health Organization's Global Health Library:** A collection of global health research and knowledge resources. <https://www.globalhealthlibrary.net/>

**ResearchGate:** A social network for scientists and researchers to share and access research papers. <https://www.researchgate.net/>

**Google Scholar:** A search engine for scholarly literature, including articles, theses, books, and conference papers. <https://scholar.google.com/>

**Europe PubMed Central:** A database of biomedical literature that is freely available to the public. Contains over 35 million citations. <https://europepmc.org/>

**Scopus:** A large abstract and citation database of peer-reviewed literature. Covers scientific, technical, medical, and social sciences.

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

**EMBASE:** A biomedical and pharmacological database with over 32 million records. Covers journals, conference proceedings, and patents.

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

**Web of Science:** A multidisciplinary citation database that covers over 12,000 journals in the sciences, social sciences, and arts and humanities.

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

**PsycINFO:** A database of abstracts and citations for psychological research and literature. Covers journals, books, and dissertations.

<https://www.apa.org/pubs/databases/psycinfo>

**The National Library of Medicine:** A collection of health-related resources, including MEDLINE, PubMed, and MedlinePlus. <https://www.nlm.nih.gov/>

**The National Institute of Health:** A collection of research resources, including clinical trials, genetics, and drug information. <https://www.nih.gov/>

**The National Science Foundation:** A federal agency that funds research and education in science and engineering. Provides funding opportunities and resources for researchers. <https://www.nsf.gov/>

**The Centers for Disease Control and Prevention:** A federal agency that provides public health information and resources, including data on chronic illnesses. <https://www.cdc.gov/>

**The National Institute of Mental Health:** A federal agency that provides research and resources on mental health disorders, including chronic mental illnesses. <https://www.nimh.nih.gov/index.shtml>

**The American Psychological Association:** A professional organization for psychologists that provides research resources, education, and advocacy.

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

# Undiagnosed Resources

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**Undiagnosed Diseases Network:** The Harvard Medical School's Undiagnosed Diseases Network helps patients with undiagnosed conditions find answers through research. Patients can apply for the research study at <https://undiagnosed.hms.harvard.edu/apply/>

**CrowdMed:** An online medical platform that uses crowdsourcing to help patients with undiagnosed medical conditions. Patients submit their case and receive input from a team of medical professionals, who work together to provide a diagnosis and treatment plan. <https://www.crowdmed.com/>

**Ben's Friends:** A non-profit organization that provides online support communities for individuals with rare and chronic illnesses, including undiagnosed conditions. These communities provide a space for patients to share their experiences, offer support to one another, and connect with others who may have similar conditions. <https://www.bensfriends.org/>

**Rare Genomics Institute:** A non-profit organization that offers crowdfunding and resources to help patients with rare and undiagnosed genetic diseases. The organization works with a network of medical professionals and researchers to provide genomic sequencing and analysis to help provide a diagnosis and develop personalized treatment plans. <https://raregenomics.org/>

**HealthUnlocked:** An online health community that offers support and advice for individuals with a wide range of health conditions, including undiagnosed illnesses. Patients can connect with others who may have similar symptoms or conditions, ask questions, and share their experiences. <https://healthunlocked.com/>

**Smart Patients:** An online community that connects patients and caregivers with medical experts and researchers to share information and discuss treatments for a variety of health conditions, including undiagnosed illnesses. The platform offers a variety of resources, including articles, forums, and webinars. <https://www.smartpatients.com/>

# Rare Disease Resources

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**Global Genes:** A non-profit organization that advocates for rare disease patients and their families. <https://globalgenes.org/>

**National Organization for Rare Disorders:** A patient advocacy organization that provides information and resources for rare diseases. <https://rarediseases.org/>

**Rare Diseases Clinical Research Network:** A network of research centers dedicated to advancing rare disease research. <https://rarediseasesnetwork.org/>

**Genetic and Rare Diseases Information Center:** A resource center for patients, families, and healthcare providers. <https://rarediseases.info.nih.gov/>

**National Center for Advancing Translational Sciences:** A research center focused on accelerating the development of treatments for rare diseases. <https://ncats.nih.gov/>

**National Human Genome Research Institute:** A research center focused on genomics research for rare diseases. <https://www.genome.gov/>

**EveryLife Foundation for Rare Diseases:** A non-profit organization dedicated to advancing rare disease research and treatments. <https://everylifefoundation.org/>

**Inspire:** An online community for patients and caregivers, including those with rare diseases. <https://www.inspire.com/>

**Global Genomic Medicine Collaborative:** A non-profit organization that facilitates collaboration among researchers, clinicians, and patients to advance genomic medicine for rare diseases. <https://www.genomicmedicine.org/>

**RareConnect:** An online platform that connects rare disease patients and families with others around the world. <https://www.rareconnect.org/>

**RareShare:** An online community for rare disease patients and families to connect, share information, and support each other. <https://raeshare.org/>

**The Mighty:** An online community for people with disabilities and chronic illnesses, including rare diseases. <https://themighty.com/>

# Clinical Trial Resources

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**ClinicalTrials.gov:** A comprehensive database of clinical trials that are conducted in the United States and around the world. <https://clinicaltrials.gov/>

**CenterWatch:** a database of clinical trials that provides information on various diseases and conditions, including chronic illnesses. <https://www.centerwatch.com/>

**National Institutes of Health (NIH) Clinical Center:** a research hospital that conducts clinical trials for a wide range of diseases, including chronic illnesses. <https://www.cc.nih.gov/>

**Clinical Research IO:** a platform that connects patients with clinical trials that match their needs. <https://www.clinicalresearch.io/>

**Antidote Match:** a platform that connects patients with clinical trials that match their medical conditions. <https://www.antidote.me/match/>

**PatientWing:** a platform that connects patients with clinical trials and helps them find the best treatment options. <https://www.patientwing.com/>

**ResearchMatch:** a platform that matches patients with clinical trials based on their medical history, demographics, and preferences. <https://www.researchmatch.org/>

**CureClick:** a platform that connects patients with clinical trials for various chronic illnesses, including cancer, diabetes, and multiple sclerosis. <https://cureclick.com/>

**EmergingMed:** a platform that helps patients find clinical trials that match their medical conditions and provides information on how to participate. - <https://emergingmed.com/>

**My Clinical Trial Locator:** a search engine that helps patients find clinical trials for their medical conditions. <https://www.myclinicaltriallocator.com/>

**Rare Diseases Clinical Research Network (RDCRN):** a network of research groups that conduct clinical trials for rare diseases, including many chronic illnesses. <https://www.rarediseasesnetwork.org/>

**Clinical Connection:** a platform that connects patients with clinical trials for various chronic illnesses, including heart disease, arthritis, and depression. - <https://clinicalconnection.com/>

**Clinical Trials GPS:** a platform that provides information on clinical trials for various chronic illnesses and helps patients find trials that match their needs. - <https://clinicaltrialsgps.com/>

**Clinical Trials Arena:** a website that provides news, articles, and information on clinical trials for various chronic illnesses. <https://www.clinicaltrialsarena.com/>

**Patient Advocate Foundation:** a nonprofit organization that provides information, resources, and support to patients who are participating in clinical trials. <https://www.patientadvocate.org/>

**Global Genes:** a nonprofit organization that provides information, resources, and support to patients who have rare diseases and may be eligible for clinical trials. <https://globalgenes.org/>

**Alliance for Clinical Trials in Oncology:** A network of research groups that conduct clinical trials for various types of cancer. <https://www.allianceforclinicaltrialsinoncology.org/>

**National Cancer Institute (NCI):** a government agency that conducts clinical trials and provides information on cancer research and treatment. <https://www.cancer.gov/>



# Environmental Health Resources

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**Environmental Working Group (EWG):** The EWG provides information on environmental pollutants and their potential health effects. This information can be particularly helpful for those with chronic illnesses that may be impacted by environmental toxins, such as autoimmune diseases and respiratory conditions. <https://www.ewg.org/>

**Health & Home - Interior Design With Health In Mind:** An interior design business that supports and empowers others to live their healthiest lives by keeping people at the heart of their work and providing person-centered design services, clean living product recommendations, accessible health education, and advocacy at home and beyond. Health & Home can be a valuable resource for those with chronic illnesses looking to create a home environment that promotes their health and wellbeing through design choices that prioritize health and safety. <https://healthandhome-design.com>

**Healthy Building Network (HBN):** The HBN promotes healthy building practices and reduces the use of toxic chemicals in building materials. This can benefit those with chronic illnesses by reducing exposure to environmental toxins in their homes and workplaces. <https://healthybuilding.net/>

**American Lung Association (ALA):** The ALA provides information on air quality and the impacts of pollution on respiratory health. This can be particularly helpful for those with chronic respiratory illnesses such as asthma and chronic obstructive pulmonary disease (COPD). <https://www.lung.org/>

**Natural Resources Defense Council (NRDC):** The NRDC works to protect public health and the environment by advocating for policy changes and promoting sustainable practices. This can benefit those with chronic illnesses by reducing exposure to environmental toxins and promoting healthier living. <https://www.nrdc.org/>

**Greenpeace:** Greenpeace is an international environmental organization that works to promote environmental sustainability and reduce environmental pollution. This can benefit those with chronic illnesses by reducing exposure to toxins and promoting a healthier environment. <https://www.greenpeace.org/>

**Healthy Child Healthy World:** Healthy Child Healthy World is a non-profit organization that provides information on how to reduce exposure to environmental toxins, particularly for children. This can be particularly helpful for parents of children with chronic illnesses that may be impacted by environmental toxins. <https://www.healthychild.org/>

**Silent Spring Institute:** The Silent Spring Institute is a non-profit organization that conducts research on environmental toxins and their impacts on health. Their research can be particularly helpful for those with chronic illnesses that may be impacted by environmental toxins. <https://silentspring.org/>

**Toxic-Free Future:** Toxic-Free Future works to create a healthier tomorrow by fostering the use of safer products, chemicals, and practices through advanced research, advocacy, grassroots organizing, and consumer engagement. <https://toxicfreefuture.org/>

**Environmental Defense Fund (EDF):** The EDF works to promote environmental sustainability and reduce environmental pollution. Their work can benefit those with chronic illnesses by reducing exposure to environmental toxins and promoting a healthier environment. <https://www.edf.org/>

**Physicians for Social Responsibility (PSR):** PSR is a non-profit organization that works to promote public health by advocating for policies that reduce environmental pollution and promote healthy living. This can benefit those with chronic illnesses by reducing exposure to environmental toxins and promoting healthier living. <https://www.psr.org/>

**National Institute of Environmental Health Sciences (NIEHS):** NIEHS is a branch of the National Institutes of Health (NIH) that focuses on the environmental factors that contribute to human disease. They conduct research and provide education on topics such as air pollution, toxic chemicals, and climate change, with the goal of improving public health outcomes for those with chronic illnesses. <https://www.niehs.nih.gov/>

**Center for Environmental Health (CEH):** CEH is a non-profit organization that works to protect public health and the environment from harmful chemicals. They focus on issues such as food safety, toxic toys, and environmental justice, with the goal of reducing exposure to harmful substances and promoting a healthier environment for all, including those with chronic illnesses. <https://www.ceh.org/>

# Disability Resources

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**Social Security Administration (SSA):** The SSA is responsible for administering Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) programs. They have resources and information on how to apply for disability benefits and what requirements need to be met.

<https://www.ssa.gov/disability/>

**Disability Benefits Help:** Disability Benefits Help is an organization that provides information and assistance to those seeking disability benefits. They have a wealth of resources on their website including information on the application process, how to appeal a decision, and tips for navigating the system. <https://www.disability-benefits-help.org/>

**National Organization of Social Security Claimants' Representatives (NOSSCR):** NOSSCR is a professional organization for attorneys and advocates who represent individuals seeking disability benefits. Their website has resources and information on the disability application process and finding a representative. <https://www.nosscr.org/>

**Disability Rights Advocates:** Disability Rights Advocates is a national legal advocacy organization dedicated to protecting and advancing the rights of people with disabilities. They provide legal representation for individuals seeking disability benefits and have resources on their website to assist with the process. <https://dralegal.org/>

**American Bar Association:** The American Bar Association has resources and information on finding legal help for those seeking disability benefits. They have a lawyer referral service that can help individuals find a qualified attorney in their area. <https://www.americanbar.org/>

**Allsup:** Allsup is a company that specializes in helping individuals with disabilities navigate the disability application process. They provide assistance with applications, appeals, and representation. <https://www.allsup.com/>

**National Disability Rights Network (NDRN):** NDRN is a non-profit organization that promotes and protects the rights of individuals with disabilities. They have resources on their website to assist with the disability application process and information on filing complaints and appeals. <https://www.ndrn.org/>

**Disability Benefits Center:** Disability Benefits Center is an organization that provides information and assistance to those seeking disability benefits. They have resources on their website including information on the application process and tips for navigating the system. <https://www.disabilitybenefitscenter.org/>

**Disability Approval Guide:** Disability Approval Guide is an organization that provides information on the disability application process and requirements for qualifying for benefits. They also have resources on how to appeal a decision if a claim is denied. <https://www.disabilityapprovalguide.com/>

**National Organization on Disability (NOD):** NOD is a non-profit organization that works to promote the full participation and contribution of individuals with disabilities in all aspects of society. They have resources on their website to assist with finding employment, including guidance on disability-related legal issues. <https://www.nod.org/>

# Social Support Resources

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**Hey Peers:** A database of in-person and online support groups for people with various chronic illnesses. <https://www.heypeers.com>

**Meetup:** A platform that allows people with chronic illnesses to connect and meet up in person based on specific interests, hobbies, or health conditions. <https://www.meetup.com>

**My Health Teams:** An online social network for people with chronic illnesses to connect and share experiences with others who understand their struggles. <https://www.MyHealthTeams.com>

**Patient Advocate Foundation:** An organization that provides case management services, financial assistance, and support groups for patients with chronic illnesses. They also offer a helpline for personalized assistance and support. <https://www.patientadvocate.org/>

**The Mighty:** Offers a platform for people with chronic illnesses to share their stories and connect with others through blogs, forums, and social media. <https://themighty.com/>

**Heal the Voices:** HealtheVoices is a community that connects advocates, patient leaders, and healthcare professionals to share their experiences and knowledge. They offer virtual events and resources on topics like advocacy and mental health. <https://healthevoices.com/>

**Inspire:** a patient-led social network that allows people with chronic illnesses to connect, share information, and support each other. <https://www.inspire.com/>

**PatientsLikeMe:** An online community of patients with various chronic illnesses who can connect, share their experiences, and learn from each other. <https://www.patientslikeme.com/>

# Caregiver Resources

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**Caregiver Action Network:** CAN is an organization that provides resources and support for caregivers. They offer an online resource center, educational webinars, and a support community. <https://caregiveraction.org/>

**Family Caregiver Alliance:** FCA offers resources, information, and support for family caregivers. They also offer online classes, support groups, and a national caregiver registry. <https://www.caregiver.org/>

**National Alliance for Caregiving:** NAC is a nonprofit organization that provides resources and support for caregivers. They offer research, policy analysis, and advocacy efforts to improve the lives of caregivers. <https://www.caregiving.org/>

**Caregiving.com:** Caregiving.com is an online community for caregivers. They offer resources, tools, and a support community for caregivers. <https://www.caregiving.com/>

**Well Spouse Association:** WSA is a nonprofit organization that provides support and resources for spousal caregivers. They offer online support groups, local support groups, and a respite care grant program. <https://wellspouse.org/>

**AARP Caregiving Resource Center:** AARP offers resources and information for caregivers, including a caregiver support hotline, online forums, and a guide to navigating the healthcare system. <https://www.aarp.org/caregiving/>

**Caregiver Support Services:** CSS provides coaching, support, and resources for family caregivers. They offer online support groups, educational resources, and a caregiver academy. <https://caregiversupportservices.com/>

**Caregiver Support Services:** CSS provides coaching, support, and resources for family caregivers. They offer online support groups, educational resources, and a caregiver academy. <https://caregiversupportservices.com/>

**CaringBridge:** CaringBridge offers a platform for caregivers to share updates on their loved one's health and connect with family and friends. They also offer a support community and resources for caregivers. <https://www.caringbridge.org/>

**Lotsa Helping Hands:** Lotsa Helping Hands is a platform for organizing and coordinating care for a loved one. Caregivers can create a community and assign tasks to volunteers. <https://lotsahelpinghands.com/>

# Occupational Resources

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**The Mighty:** The Mighty is a digital health community created to empower and connect people facing health challenges and disabilities. The platform offers articles, forums, and resources on a wide range of topics, including careers and work. <https://themighty.com/>

**Chronically Capable:** Chronically Capable is a job board and community designed specifically for people with chronic illnesses and disabilities. The platform matches job seekers with employers who understand and accommodate their unique needs. <https://www.wearecapable.org/>

**Job Accommodation Network:** The Job Accommodation Network (JAN) is a free service that provides guidance on workplace accommodations and disability employment issues. The organization offers resources and consultations for both employers and employees. <https://askjan.org/>

**What Can You Do?:** A campaign that promotes the inclusion of people with disabilities in all aspects of society, including employment. The campaign offers resources and information on disability employment issues, as well as personal stories and profiles of people with disabilities who have successful careers. The website includes information on disability rights, workplace accommodations, and job search strategies. <https://www.whatcanyoudocampaign.org/>

**Ticket to Work:** Ticket to Work is a federal program that helps people with disabilities find employment. The program offers a range of resources and services, including job placement assistance and vocational rehabilitation. <https://yourtickettowork.ssa.gov/>

**CareerOneStop:** CareerOneStop is a website that provides career resources and job search tools. The website includes information on job training programs, career exploration, and job listings. <https://www.careeronestop.org/>



**Resume Builder:** A website that provides tools and resources for creating a comprehensive resume and career guide specifically designed for people with disabilities. The website includes information on how to write an effective resume that highlights your skills and experience, as well as tips on how to address any gaps in your employment history that may be related to your disability. The guide also includes information on job search strategies, interviewing techniques, and workplace accommodations.

<https://www.resumebuilder.com/comprehensive-resume-and-career-guide-for-people-with-disabilities/>

**Disabled Person:** Disabled Person is a job board and community for people with disabilities. The platform offers job listings, resources, and a community forum. <https://www.disabledperson.com/>

**Workforce Recruitment Program:** The Workforce Recruitment Program (WRP) is a federal program that connects employers with college students and recent graduates with disabilities. The program offers employers access to a pool of talented and motivated candidates. <https://wrp.gov/>

**Disability:IN:** A nonprofit organization that promotes the inclusion of people with disabilities in the workplace. The organization offers a range of resources and services, including training programs, networking events, and consulting services. <https://disabilityin.org/>

**National Organization on Disability:** The National Organization on Disability (NOD) is a nonprofit organization that works to increase employment opportunities for people with disabilities. The organization offers a range of resources and services, including a job board and workplace inclusion consulting. <https://www.nod.org/>

**Ability Jobs:** Ability Jobs is a job board and community for people with disabilities. The platform offers job listings, resources, and a community forum. <https://www.abilityjobs.com/>

**Jobcase:** Jobcase is a social network for job seekers. The platform offers job listings, career advice, and a community forum. Jobcase has a dedicated community for people with disabilities and chronic illnesses. <https://www.jobcase.com/>

# Advocacy Resources

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**National Health Council:** This organization brings together patient advocacy groups, health-related organizations, and businesses to promote policies that improve access to quality healthcare for individuals with chronic illnesses. They also provide resources and information for patients and caregivers.

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

**Global Healthy Living Foundation:** This organization advocates for policies that improve access to care and treatment options for individuals with chronic illnesses. They also offer educational resources, support programs, and advocacy tools for patients and caregivers. <https://www.ghlf.org/>

**Chronic Disease Coalition:** This organization advocates for policies that improve the lives of people with chronic illnesses. They offer resources and support for patients and caregivers, as well as tools and training for advocates.

<https://chronicdiseasecoalition.org/>

**National Organization for Rare Disorders:** This organization advocates for policies that improve access to care and treatment options for individuals with rare diseases. They also provide educational resources and support for patients and caregivers. <https://rarediseases.org/>

**The Autoimmune Association:** This organization advocates for policies that improve access to care and treatment options for individuals with autoimmune diseases. They also provide educational resources and support for patients and caregivers. <https://autoimmune.org/>

**Health Activist Network:** This organization provides resources and support for individuals who advocate for health-related causes. They offer training, tools, and a network of support for patient advocates.

<https://healthactivistnetwork.org/>

**Invisible Disabilities Association:** This organization raises awareness and provides support for people with invisible disabilities, including chronic illnesses. <https://invisibledisabilities.org/>

**Global Genes:** An advocacy organization that works to eliminate the challenges of rare diseases, including chronic illnesses, by empowering patient communities and providing educational resources. <https://globalgenes.org/>

**Patient Advocate Foundation:** The Patient Advocate Foundation is a non-profit organization that provides personalized support and advocacy to patients with chronic or life-threatening illnesses. Their services include case management, financial assistance, and access to legal resources. <https://www.patientadvocate.org/>

**National Patient Advocate Foundation:** A non-profit organization that provides advocacy, education, and support to patients with chronic illnesses and their families. They also work to improve healthcare policies and systems to better serve patients. <https://www.npaf.org/>

# Financial Resources

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**National Disability Institute:** This organization provides a variety of financial resources for people with disabilities, including tools for financial planning, information on savings plans and asset-building, and assistance with tax credits and deductions.

<https://www.nationaldisabilityinstitute.org/financial-resilience-center/>

**Health Resources and Services Administration (HRSA):** HRSA provides a variety of programs and resources to help individuals with chronic illnesses access healthcare, including financial assistance for medications and other healthcare services. <https://www.hrsa.gov/get-health-care/index.html>

**NeedyMeds:** This organization provides information on patient assistance programs, resources for finding low-cost healthcare, and a database of drug discount cards. <https://www.needymeds.org/>

**Benefits.gov:** This website provides a comprehensive database of federal benefit programs that may be available to people with disabilities or chronic illnesses. It can help you determine which programs you may be eligible for and provide guidance on how to apply. <https://www.benefits.gov/>

**HealthWell Foundation:** The HealthWell Foundation provides financial assistance to individuals with chronic or life-altering illnesses who cannot afford their insurance copayments, premiums, and deductibles.

<https://www.healthwellfoundation.org/patients/>

**RxAssist:** RxAssist provides information on patient assistance programs run by pharmaceutical companies, as well as information on other resources for low-cost medications. <https://www.rxassist.org/>

**Patient Access Network Foundation:** The Patient Access Network Foundation provides financial assistance to individuals with chronic or life-threatening illnesses for their out-of-pocket medical costs. <https://www.panfoundation.org/>

**GoodRx:** GoodRx provides information on drug prices and discounts at various pharmacies, as well as coupons and savings tips. <https://www.goodrx.com/>

**The HealthWell Foundation:** Provides financial assistance to eligible individuals to help them afford their medical treatments, including medications, insurance premiums, and copayments. <https://www.healthwellfoundation.org/>

**Social Security Disability Insurance (SSDI):** Provides financial assistance to individuals who are unable to work due to a disability. <https://www.ssa.gov/disability/>

**Supplemental Security Income (SSI):** Provides financial assistance to low-income individuals with disabilities. <https://www.ssa.gov/ssi/>

**The American Association of People with Disabilities:** Advocates for policies and programs that improve the economic and financial well-being of people with disabilities. <https://www.aapd.com/>

**The National Low Income Housing Coalition:** Advocates for policies that promote affordable housing for low-income individuals and families.

<https://nlihc.org/>

**The National Association of Consumer Advocates:** Provides resources and advocacy for consumers facing debt and financial issues.

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

# Support

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I want to make sure you have all the tools and resources you need to navigate life with chronic illness. Whether you're looking for guidance, inspiration, or just a place to connect with others, I've got you covered with so many different ways to tap into support!

You'll find everything from my podcast and YouTube channel (where we dive deep into chronic illness, advocacy, and wellness) to my clothing store, Instagram community, and more. Each one is designed to not only provide resources but also to offer encouragement, connection, and even a little joy along the way.

Here's just a peek at what you can explore:

- Podcasts & Interviews – Hear stories from people just like you, gain new insights, and find strength in community conversations.
- YouTube Channel – Deep dives into living with chronic illness, practical tips, advocacy and more!!
- Advocacy & Awareness – Stay up-to-date with advocacy efforts and learn how to get involved in making real change.
- Instagram – Join our community for chronic illness real talk, resources and a space where you can feel seen and supported.
- The Chronic Collective – Shop empowering apparel and know that every purchase supports chronic illness research & advocacy!

And that's just the beginning! There are so many more resources, stories, and tools waiting for you here. To make it super easy to get access, simply click the button to be taken to the resource page on my site!

GET THE RESOURCES

# Thank You

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Thanks so much for taking the time to check out my site, my content and supporting all that I do. It really truly means so much.

As someone with a bunch of chronic conditions, being able to create businesses that I can manage while sick, are in areas that I am passionate about AND help people - is such a blessing and I couldn't do it without the love and support I get from you, so thank you.

I am incredibly grateful to be able to live out my dreams and purpose in this way and want to be able to continually thank you by creating content that actually helps you!

So with all that being said, I would love to hear any suggestions of things you are looking for or needing on your journey so that I can figure out the best way to continue to make content that supports you!

You can get in touch with me through my contact page, or find me on Instagram @itshaleyjames\_ and send me a message there.

Thanks again for your love & support. I couldn't do this without you.

As always, thanks so much for being here! I love you, I mean it ♥

