



Keys to Break Free!

This resource is courtesy of footstepsorg.org. Please email theliberatiteam@gmail.com to add a resource to this collaborative reference list



= Organization









= Peer Support



= Media

Organizations:

1.  Freedom from Religion (<https://ffrf.org/>)
2.  I Got Out (<http://www.igotout.org/>)
3.  Recovering From Religion
(<https://www.recoveringfromreligion.org/hotline-project-support/hotline-project-training/religious-trauma-syndrome>)
4.  Religious Trauma Institute (<https://www.religioustraumainstitute.com/>)
5.  Freedom of Mind (<https://www.freedomofmind.com>)
6.  Witnessing Freedom Foundation (<https://witnessingfreedom.org/>)












Social Media:

7.  Formerly Fundamentalists Facebook Group
(<https://www.facebook.com/groups/154924288039752>)
8.  Formerly Religious Facebook Group
(<https://www.facebook.com/groups/FormerlyReligious>)
9.  Exittors Subreddit (<https://www.reddit.com/r/Exittors/>)
10.  Religious Trauma Subreddit (<https://www.reddit.com/r/ReligiousTrauma/>)











Books/Movies/Podcasts:

11.  *Leaving the Fold* by Marlene Winell
12.  *Combatting Cult Mind Control* by Steven Hassan
13.  *Crisis of Conscience* by Raymond Franz
(<https://www.amazon.com/Crisis-Conscience-struggle-between-religion/dp/0999499211>)
14.  *Leaving the Witness* by Amber Scorah
(<https://www.amazon.com/Leaving-Witness-Exiting-Religion-Finding/dp/0735222541>)
15.  *Cracking the Cult Code for Therapists: What Every Cult Victim Wants Their Therapist to Know* by Bonnie Zieman
16.  Emancipate Your Mind (<https://emancipatedcoaching.com/>)
17.  Freethought Radio (<https://ffrf.org/news/radio>)
18.  Godless Mom Podcast (<https://www.godlessmom.com/podcast>)
19.  The Forbidden Apple Podcast (<https://www.theforbiddenapplepodcast.com/>)
20.  A Little Bit Culty (<https://alittlebitculty.com/episodes>)
21.  Steve Hassan interviews a former JW Elder
(<https://freedomofmind.com/blog-understanding-jehovahs-witnesses-with-isaac-carmignani/>)

Jehovah's Witnesses:


22.  The Liberati (<https://www.facebook.com/groups/1927330787467957/>)
23.  Empowered Minds (<https://www.facebook.com/groups/1412960118760984/>)
24.  Ex- Jehovah's Witness Subreddit (<https://www.reddit.com/r/exjw/>)
25.  Surviving Paradise (<https://www.youtube.com/@survivingparadisepodcast>)

Judaism:



26.  Footsteps [NY] (<https://footstepsorg.org/>)
27.  OTD Facebook group (main) (<https://www.facebook.com/groups/offthederech/>)







28.  Formerly Religious Jews Subreddit (<https://www.reddit.com/r/exjew/>)

Mormon/LDS:

29.  New York Region- Mormon Support Group Facebook Group
(<https://www.facebook.com/groups/135190789886674>)
30.  Ex-Mormons Subreddit: <https://www.reddit.com/r/exmormon/>

Muslim:

31.  Free Hearts Free Minds (<https://www.freeheartsfreeminds.com/>)
32.  Ex-Muslim Subreddit (<https://www.reddit.com/r/exmuslim/>)

Scientology:

33.  The Aftermath Foundation <https://theaftermathfoundation.org/>

