



## Keys to Break Free!

A special thank you to Footsteps for originally compiling this list. Please email [theliberatiteam@gmail.com](mailto:theliberatiteam@gmail.com) to add a resource to this collaborative reference.



= 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>)  
<https://www.recoveringfromreligion.org/sg-calendar>
4.  Religious Trauma Institute (<https://www.religioustraumainstitute.com/>)
5.  Freedom of Mind (<https://www.freedomofmind.com>)
6.  Witnessing Freedom Foundation (<https://witnessingfreedom.org/>)
7.  Release and Reclaim: <https://releaseandreclaim.org/>

### Social Media:














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





11.  Religious Trauma Subreddit (<https://www.reddit.com/r/ReligiousTrauma/>)

### Books/Movies/Podcasts:



12.  *Leaving the Fold* by Dr. Marlene Winell
13.  *Combatting Cult Mind Control* by Dr. Steven Hassan
14.  *Crisis of Conscience* by Raymond Franz  
<https://www.amazon.com/Crisis-Conscience-struggle-between-religion/dp/0999499211>
15.  *Leaving the Witness* by Amber Scorah  
<https://www.amazon.com/Leaving-Witness-Exiting-Religion-Finding/dp/0735222541>
16.  *Cracking the Cult Code for Therapists: What Every Cult Victim Wants Their Therapist to Know* by Bonnie Ziemann  
<https://www.amazon.com/Cracking-Cult-Code-Therapists-Therapist/dp/1546894683>
17.  Emancipate Your Mind (<https://emancipatedcoaching.com/>)
18.  Freethought Radio (<https://ffrf.org/news/radio>)
19.  Godless Mom Podcast (<https://www.godlessmom.com/podcast>)
20.  The Forbidden Apple Podcast (<https://www.theforbiddenapplepodcast.com/>)
21.  A Little Bit Culty (<https://alittlebitculty.com/episodes>)
22.  The Daily Stoic <https://www.youtube.com/@DailyStoic>
23.  The Phil Drysdale Show <https://www.youtube.com/@PhilDrysdale/featured>
24.  Steve Hassan interviews a former JW Elder  
<https://freedomofmind.com/blog-understanding-jehovahs-witnesses-with-isaac-carmignani/>

### Jehovah's Witnesses:




25.  The Liberati (<https://www.facebook.com/groups/1927330787467957/>)  
<https://www.meetup.com/theliberati-ex-jw-meetup/>
26.  Empowered Minds (<https://www.facebook.com/groups/1412960118760984/>)
27.  Ex- JW Subreddit (<https://www.reddit.com/r/exjw/>)
28.  I Just Want to Heal and Move On (<https://www.facebook.com/groups/441646403703452/>)







29.  LGBTQ Ex-JW (<https://www.facebook.com/groups/glbtxjw/>)
30.  Ex-JW Friends Meetups <https://exjwfriends.com/>
31.  Surviving Paradise (<https://www.youtube.com/@survivingparadisepodcast>)
32.  Healing and Rebuilding after leaving JW's <https://flaxenwick.org/>



### **Judaism:**

33.  Footsteps [NY] (<https://footstepsorg.org/>)
34.  OTD Facebook group (main) (<https://www.facebook.com/groups/offthederech/>)
35.  Formerly Religious Jews Subreddit (<https://www.reddit.com/r/exjew/>)


### **Mormon/LDS:**

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

### **Muslim:**

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

### **Scientology:**

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

