

Online Resources

Talkspace: www.talkspace.com

Talkspace's unlimited messaging and video conferencing makes it a convenient app for addressing a variety of needs.

Betterhelp: www.betterhelp.com

Betterhelp allows a variety of ways to contact your therapist, including live chat sessions.

Regain: www.regain.us

Regain specializes in couples therapy and they offer a variety of services to help address relationship issues.

Teen Counseling: www.teencounseling.com

Teens can chat, message, speak over the phone, or video conference with a therapist who has experience treating their age group.

Pride Counseling: www.pridecounseling.com

Pride Counseling offers online therapy to individuals in the LGBTQ community, and their goal is to offer discreet, affordable, and accessible treatment.

7 Cups of Tea: www.7cups.com

You can access free support from peers on 7 Cups of Tea or you can choose to pay to speak to a professional.

Doctor on Demand: www.doctorondemand.com

Doctor on Demand provides access to a free assessment that can help you determine if you should talk to someone about anxiety or depression.

MDLive: www.mdlive.com

MDLive provides access to psychiatrists who can prescribe and manage psychiatric medications.

Brightside: www.brightside.com (Only available in New York and Pennsylvania).

Connects patients with online psychiatry and therapy. It starts with a free evaluation and then pairs you with the right professional depending on your needs and agreed upon form of treatment.

Amwell: amwell.com/cm/

Amwell offers access to a variety of mental health professionals any time of day or night

Sanvello <https://www.sanvello.com/coronavirus-anxiety-support/>

Free premium access through the COVID-19 crisis!