



TAKE CARE!

MENTAL HEALTH RESOURCES FOR ONLINE THERAPY AS WELL AS PHONE HOTLINES.

FOR ADULTS:

[WWW.BETTERHELP.COM:](http://WWW.BETTERHELP.COM)

match with therapist for video appointments

[WWW.PRIDECOUNSELING.COM:](http://WWW.PRIDECOUNSELING.COM)

LGBTQ centered therapy services

WWW.SYNERGYETHERAPY.COM

Minnesota, Iowa, Wisconsin, New York, South Carolina, Florida, Kansas, Illinois, California, & Georgia

[TALKSPACE.COM:](http://TALKSPACE.COM)

text, video, phone. Teens and adults

[WWW.DOCTORONDEMAND.COM:](http://WWW.DOCTORONDEMAND.COM)

virtual appointments, adults and teens, free screening, psychiatrists as well as therapists

[HTTPS://AMWELL.COM/CM/](https://AMWELL.COM/CM/)

offers psychiatry, therapy and primary care via video, including therapy for kids 10+

[WWW.MDLIVE.COM:](http://WWW.MDLIVE.COM)

offers psychiatry, therapy and primary care via video

[WWW.7CUPS.COM:](http://WWW.7CUPS.COM)

offers FREE peer support, chat rooms as well as (paid) therapy.

FOR TEENAGERS:

WWW.TEENCOUNSELING.COM

video, text, and phone

WWW.SYNERGYETHERAPY.COM

Minnesota, Iowa, Wisconsin, New York, South Carolina, Florida, Kansas, Illinois, California, & Georgia

LP.TALKSPACE.COM

text, video, phone. Teens and Adults

WWW.DOCTORONDEMAND.COM

virtual appointments, adults and teens, free screening, psychiatrists as well as therapists

[HTTPS://AMWELL.COM/CM/](https://AMWELL.COM/CM/)

offers psychiatry, therapy and primary care via video, including therapy for kids 10+

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offers FREE peer support, chat rooms as well as (paid) therapy

Visit Germanewise.com for more resources

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ONLINE THERAPY AND HOTLINES.

MARRIAGE THERAPY:

WWW.REGAIN.US

WWW.OURRELATIONSHIP.COM
(self-help/self-directed)

TALKSPACE.COM

WWW.E-THERAPYCAFE.COM

WWW.GROWINGSELF.COM

COUPLESTHERAPYINC.COM

short term/one-off sessions as well as longer
treatment

SUBSTANCE ABUSE MENTAL HEALTH SYSTEMS ADMINISTRATION (SAMHSA)

DISASTER DISTRESS LINE: 1-800-985-5990

**TREATMENT LOCATOR LINE: 1-800-662-HELP (4357) OR TTY:
1-800-487-4889**

(includes substance abuse treatment and mental health
treatment) and incredibly useful page

[HTTPS://WWW.SAMHSA.GOV/FIND-TREATMENT](https://www.samhsa.gov/find-treatment)

Visit Germanewise.com for more resources

HOTLINES & MORE



Suicide hotlines:

1-800-SUICIDE

1-800-273-TALK

TTY: 1-800-799-4889

Crisis Text Line (US & Canada):

Text Home to 741741

Parenting:

BoysTown national hotline

1-800-448-3000 or

1-800-448-1833 (TTY)

National Parenting Helpline:

1-855-4APARENT (427-2736)

<http://www.nationalparenthelpline.org/find-support> (many additional listings)

Childhelp National Child Abuse Hotline

1-800-4AChild

Teen Lines:

800-TLC-TEEN (852-8336)

(Ok for parents to call too)

LGBTQ Centered: The Trevor Project Trevor Lifeline

1-866-488-7386

Runaway Homeless Youth, Teens in Crisis:

1-800-Run-Away (786-2929) for help, counseling shelter.

(Ok for parents to call too)

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HOTLINES & MORE



College Students: [ULifeline.org](https://www.ulifeline.org)

**Text: START to 741-741 or call
1-800-273-TALK (8255)**

National Graduate Student Crisis Line:

**1-800-GRAD-HLP
(472-3457)**

Postpartum Depression:

1-800-PPD-MOMS (773-6667)

Veterans: 1-800-273-8255 - Press 1

Human Trafficking:

1-888-373-7888 (TTY: 711)|*Text 233733

Dial 211: information finder for assistance with social service needs (food, health, housing, utilities, jobs, support, etc)

Visit [Germanewise.com](https://www.Germanewise.com) for more resources