

Mental Health Tool Kit Resource List

- **National 24-Hour Crisis Hotlines**
 - Phone
 - 988 Suicide & Crisis Lifeline:
 - 988
 - National Substance Use and Disorder Issues Referral and Treatment Hotline:
 - 1-800-662-HELP (4357)
 - Text
 - Send a Text to 988
 - Text the word "HOME" to 741741
 - Chat
 - [988 Lifeline Chat](#)
 - Videophone
 - Select [ASL NOW](#) at the bottom of the page to connect with a 988 Lifeline counselor.
 - Suicide & Crisis Lifeline
 - Call or Text 988
 - 24/7 Mental Health Lifeline
 - Confidential & Immediate Support
 - [7Cups](#)
 - Connects you to caring listeners for free emotional support.
 - National Mental Health Hotline
 - 866-903-3787
 - Dial 211 for essential community services.
 - In many states dialing 211 provides a shortcut to health & human services & can then help you get connected with the right agencies & community organizations. Available in all 50 states, the District of Columbia & Puerto Rico.
- **Virtual Therapy & Counseling**
 - [Center for Interactive Mental Health Solutions \(CIMHS\)](#)
 - Free 8-session interactive therapy program for depression that you complete on your own. Utilizes a Cognitive Behavioral Therapy (CBT) Approach
 - Self-paced. Accessible anytime, anywhere. Anonymous
 - [WalkIn.Org](#)
 - Free Counseling Services
 - [Better Help](#)
 - Flat fee for weekly live sessions & unlimited messaging with your therapist (billed every 4 weeks ~ \$60-90/week)
 - Do it in your own time!
 - Offered in many countries.
 - Accepts HSA/FSA
 - Has financial assistance
 - [Grow Therapy](#)
 - Online or in-person
 - Accepts Insurance or cash.
 - Typically connects you with a therapist within 2 days.
 - [WellQor](#)

- Virtual Therapy
 - You get a patient liaison, a clinical therapist & a clinical director to oversee your care.
 - Accepts most insurance plans.
 - [Caraway](#)
 - A virtual healthcare practice providing mental, physical, and reproductive health services via chat and on-demand or scheduled phone and video appointments.
 - Get 24/7 access to doctors, therapists, and nurses all for one monthly subscription—no additional costs or co-pays.
 - Available in CA, CO, CT, DC, IL, MA, MI, NY, NJ, NC, OH, PA, and WA
 - Accepts most medical insurances but does not require insurance.
 - Search therapist databases for groups. To find therapy groups run by licensed professionals, you can use search databases to find therapists in your area with relevant groups. Give these popular search websites a try:
 - [Psychology Today](#)
 - [Good Therapy](#)
 - [Therapy Den](#)
 - [Gaylesta](#) (LGBTQ therapists)
 - [InnoPsych](#) (BIPOC therapists)
- **Journaling Apps**
 - Day One
 - Find the app in the [Google Play](#) store.
 - Find the app in the [Apple App Store](#).
 - Reflectly
 - Find the app in the [Google Play](#) store.
 - Find the app in the [Apple App Store](#).
 - Five Minute Journal
 - Find the app in the [Google Play](#) store.
 - Find the app in the [Apple App Store](#).
 - Journey
 - Find the app in the [Google Play](#) store.
 - Find the app in the [Apple App Store](#).
- **Online Support Groups**
 - [Hey Peers](#)
 - Get connected with peer support groups and certified coaches.
 - Find support groups for various mental health challenges.
 - Support for various illnesses or chronic diseases.
 - Free
 - [We Are More](#)
 - A peer support group app designed to help you “connect with others in the same boat.” It caters to those dealing with mental health issues and chronic illness. It offers groups for topics like addiction, HIV, heart disease, and more.
 - Free
 - [TalkLife](#)
 - Support Group App
 - Free
 - [Supportiv](#)

- Connects people with peer support groups for everything from depression to loneliness, work stress, and caregiving challenges. It costs \$15 for 24 hours of unlimited use.
 - [Circles](#)
 - 24/7 on Demand Support
 - Connect with others facing similar challenges.
 - Anonymous
 - Whether you are coping with daily stress, anxiety and depression or are going through a life event such as grief or divorce, Circles has groups, experts, and community to help.
 - \$180 annually or \$29/mo
 - [ShareWell](#)
 - Group Mental Health Support – Various Topics such as social anxiety support, healing from infidelity, survivors of emotional abuse, adult friendships & mental health, Friday cure for curing loneliness, trauma recovery and so many more.
 - You can even create your own sessions!
 - \$14.99/mo / \$29.99 for 3 months OR \$60 annually
 - **Facebook Groups**
 - [Location Independent Therapists](#) (Facebook Group)
 - [Digital Nomad Girls](#) (Facebook Group)
 - [Female Digital Nomads](#) (Facebook Group)
- **Apps**
 - Headspace – Good for meditation
 - Moodkit – for Mental Health
 - Talkspace – Good for therapy
 - Better stop Suicide – Suicide Awareness
 - iBreathe – For stress
 - MindShift – For Anxiety
 - Quit That! – For addiction
 - Happify – For boosting your mood.
 - Recovery Record – For Eating Disorders
 - NOCD – for OCD
 - Calm – For Sleep
 - Reframe – For drinking less
 - I am Sober – for quitting alcohol
- **Find In-Person Communities**
 - [Meetup.com](#)
 - Whatever your interest, from hiking and reading to networking and skill sharing, there are thousands of people who share it on Meetup.
 - Host your own meet-up.
 - Meet Ups are happening all over & all the time!
 - Check local Chamber of Commerce Websites to find local events or non-profits to volunteer with
- **For Survivors of Abuse, Rape, and Sexual Assault**
 - [Isurvive.org](#)
 - Online support for survivors of child abuse.
 - [Pandora's Project](#)

- A source for victims of rape, sexual abuse, or sexual assault.
 - Has a chatroom, message board & blogs.
 - [Womenslaw.com](#)
 - Has good info about how abuse/assault victims can protect their privacy while using online resources.
- **For Substance Abuse**
 - [Alcoholics Anonymous](#)
 - Provides support for those struggling with alcohol problems.
 - Have in-person, phone, or virtual meetings.
 - Anonymous
 - [LifeRing](#)
 - A secular, abstinence-based sobriety support organization offering peer support groups. It's seen as an alternative or adjunct for people dealing with addictions to drugs or alcohol who don't relate to AA's emphasis on a higher Power. Online support groups via Zoom.
 - [Women for Sobriety](#)
 - A self-help program focusing on emotional and spiritual growth.
 - Welcomes all expressions of female identity and offers online peer support.
 - The Substance Abuse and Mental Health Services Administration (SAMHSA) offers a [guide to virtual support resources](#) for substance use and mental health issues.
- **For Grief**
 - [Griefshare](#)
 - Offers in-person support groups.
 - Run by a Church Initiative, a "nondenominational, nonprofit ministry." Search for groups by zip code.
- **For Mental Health**
 - [Anxiety and Depression Association of America](#)
 - A non-profit dedicated to "the prevention, treatment and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice and research."
 - Online support groups
 - [Mental Health America](#)
 - A free community providing online support for people dealing with a host of issues, including anxiety, bipolar disorder, OCD, and personality disorders.
 - [The Depression and Bipolar Support Alliance \(DBSA\)](#)
 - Free online support groups, led by people who also suffer from mood disorders. Some of the groups are specifically for young adults, and others are for family, friends, and caregivers of those with mood disorders.
 - The National Alliance on Mental Illness (NAMI) has a [search function](#) to help you connect to groups in your area.
 - The Anxiety & Depression Association of America (ADAA) offers a directory of [support groups](#) that meet in person and online.
- **For Military Community**
 - [Roger](#)
 - [Wounded Warrior Project](#)
 - [VA mental health services](#)
- **Additional Resources**

- [FindHelp](#)
 - Find free or reduced-cost resources like food, housing, financial assistance, health care, and more based on Zip Code
- [Silence The Shame](#)
- Free Self-Help Books
 - <https://www.pdfdrive.com/self-help-books.html>
- [World Nomads](#)
 - Simple & flexible trip insurance for international or domestic travel for U.S. Residents
 - Offers trip protection, emergency medical insurance, emergency evacuation, protects your gear & more.

If you have any resources to recommend or add, please email jocelyn@ternoverland.com. Please note that this list will be updated & evolve. We are not mental health professionals but have combed the internet to find out what resources are available & would like to share what we have found with you all