

Online Mental Health Resources

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Finding support in times of need can sometimes feel overwhelming. Don't let that stop you! Here's a list of online resources, support and ways to connect one-on-one with professionals.

Some things to keep in mind:

- If you're thinking about hurting yourself or others, immediately call 911 or the National Suicide Prevention Lifeline at 1-800-273-8255 or text "HOME" to 741741.
- Check with your insurance provider to learn about possible covered telehealth services.
- If available, check with your employee assistance program (EAP) to learn about support services and benefits.
- Sometimes finding the right "fit" with a therapist doesn't happen immediately. It's healthy to work with someone else if you're not "clicking" with your current provider.

FIND RESOURCES & PEER SUPPORT

This list of telehealth providers is current as of January 2021, compiled without preference or endorsement.

• TAO CONNECT

Link: taoconnect.org



Description:

Tao Connect provides online and mobile tools to help treat general stressors like anxiety and depression or specific troubles like relationships and addiction. If you're already working with a therapist, TAO Connect can help supplement your sessions outside of business hours. If not working with a therapist, TAO Connect can be used as a purely self-guided tool, consisting of educational and interactive modules, practice tools, journals and progress measures. Their self-help option allows you to move through the courses at your own pace. Tao is not offered on an individual basis but can be made available by a provider like your therapist, school, employer or institution. It is generally paid for by these institutions or insurance, so it is usually free for the individual.

• SANVELLO

Link: sanvello.com



Description:

Sanvello offers several levels of online therapy and resources. Self-care is a collection of resources, tools and informational videos for individuals seeking more information. Answer simple questions each day to assess your mood, identify patterns, and track health activities like sleep and exercise that can help. Peer Support is an online forum and community for a judgement-free, label-free space to connect with others. View posts from your Sanvello community, where you can explore a diverse range of topics from stress relief techniques to words of encouragement and gratitude. Coaching connects you with a trained coach who can listen and provide support in hitting your mental health goals. Therapy is on-demand access to high-quality virtual therapy and care. Integrated with the health care system, from primary care doctors to insurance plans, Sanvello is \$8.99 per month for self-care, \$50 per month for coaching and \$60-\$105 per session for therapy.

- **BLISS DEPRESSION PROGRAM by Centre for Interactive Mental Health Solutions (CIMHS)**



Link: cimhs.com

Description:

Bliss is an eight-session, interactive, online therapy program for depression that you complete on your own. The program is based on psychotherapy treatment called cognitive behavioral therapy, or CBT for short. CBT has been shown to be effective treatment for depression. The program is designed to teach you techniques that have been shown to be effective at improving your mood and mental health.

- **GOODTHERAPY (Therapist Directory with Teletherapy Filter)** **GoodTherapy**

Link: goodtherapy.org/learn-about-therapy/modes/distance-therapy

Description:

GoodTherapy unites therapists and the general public through its therapy directory and by disseminating mental health news and information, challenging mental health stigma, and promoting ethical therapy. It helps people find therapists, counselors, rehab/residential treatment centers, and mental health resources. The website and search functions are free, although GoodTherapy estimates that once you find a therapist, it generally costs around \$65 to \$250 dollars per hour depending on the therapist you select. This platform is mainly for educating and helping people find a therapist, either local or online, offering teletherapy.

- **THE RECOVERY VILLAGE**  **THE RECOVERY VILLAGE**

Link: therecoveryvillage.com/treatment-program/online-counseling/related/mental-health

Description:

The Recovery Village offers patients online professional services for mental health or substance use disorders via video conferences, online chats, text messages or emails. With access to a smartphone, tablet, laptop or desktop computer, clients can receive teletherapy services on the go or from the comfort of their homes. Sometimes covered by insurance. They also offer online meeting rooms and chat rooms to help individuals keep in touch with their support group.

- **7CUPS.COM**

Link: 7cups.com/member



Description:

7 Cups is an on-demand emotional health service and online therapy provider. Anyone who wants to talk about whatever is on their mind can quickly reach out to a trained, compassionate listener through its network. People connect with listeners on 7 Cups for all kinds of reasons, from big, existential thoughts to small, day-to-day things that we all experience. Unlike talking to family or friends, a 7 Cups listener doesn't judge or try to solve problems and say what to do. Its listeners just listen. They understand. They give you the space you need to help you clear your head. You can choose to live chat with a listener or chat with a therapist.

TALK WITH A PROFESSIONAL

- **ABLETO.COM**

Link: ableto.com



Description:

AbleTo is a provider of high-quality behavioral health care—delivered virtually from the comfort, privacy and convenience of your home. AbleTo offers eight-week virtual therapy programs that are personalized, confidential and covered by many health plans. They offer next-day virtual appointments. You are matched with a professional coach and/or therapist who are licensed and accredited.

- **THRIVEWORKS**

Link: thriveworks.com/online-counseling



Description:

Online counseling via video and phone with same and next-day sessions and 100+ counselors and coaches available. Insurance accepted. Thriveworks offers help for relationship issues; symptoms of mental illness; grief or loss; child, adolescent and teen challenges; stress and difficult emotions; and more. The cost per session for any type of therapy is dependent on your payment method, your insurance plan, your location and additional factors.

- **TELADOC**

Link: teladoc.com/therapy



Description:

Select a therapist from a list of providers and provide availability for a video appointment. The therapist chooses one of your provided dates and times based on their availability. Teladoc offers help with addiction, anxiety, big life changes, depression, family difficulties, grief counseling, LBGTQ issues, marital issues, PTSD, stress, work pressures and more. With insurance, Everyday Care visits can be as low as \$0 (based on your benefits) per visit. Without insurance, Everyday Care is \$75 per visit. Teledoc also offers a free mental health guide.

- **ONLINE-THERAPY.COM**

Link: online-therapy.com/?ref=119044&click_id=8920336



Description:

An online therapy program and resource with access to licensed therapists, educational sections (video, audio or text), worksheets, live sessions with 30 minutes every week with your therapist, messaging any time, online journal, an activity plan/calendar and even yoga videos for de-stressing. Subscription plans start at just \$31.96 per week. The standard is \$59.95 per week.

- **MDLive**

Link: mdlive.com/counseling



Description:

MDLive offers Talk therapy and strategies for addictions, anxiety, bipolar disorder, depression, grief and loss, LGBTQIA support, life changes, men's issues, panic disorders, parenting issues, postpartum depression, relationship issues, stress management, trauma and PTSD, women's issues, and more. The cost is \$0 -\$108 depending on insurance. Download the Select Your Doctor and schedule an online appointment at your convenience via computer, tablet or smartphone. MDLive free app, and you can have access to care anytime on your smartphone, from anywhere in the US.

- **ICOUNSELING**

Link: icounseling.com



Description:

iCounseling is a leading online counseling platform that provides convenient, discreet and affordable access to a licensed therapist. Once matched with a counselor, there are no appointments and you can start messaging them right away. iCounseling supports messaging, text chat, phone audio calls and video conference that is available anytime, anywhere, through a computer, tablet or smartphone. Counseling on iCounseling is based on a flat membership fee that covers both the use of the platform and unlimited counseling. The cost of counseling through iCounseling ranges from \$60 to \$90 per week. Services offered using this site generally are not covered by health insurance, Medicare or Medicaid, but some exceptions exist.

- **BETTER HELP**

Link: betterhelp.com



Description:

BetterHelp is an online counseling platform that offers access to licensed, trained, experienced, and accredited psychologists (PhD/PsyD), marriage and family therapists (LMFT), clinical social workers (LCSW/LMSW), and board licensed professional counselors (LPC) with the mission to make professional counseling accessible, affordable and convenient. They offer asynchronous messaging, live chat, live phone and video conferencing. Cost is \$60-\$90 per week. The pricing is based on your location, preferences and therapist availability. BetterHelp does not work with any insurance companies or employers.

- **AMERICAN WELL (AMWELL)**

Link: amwell.com/cm/services/online-therapy



Description:

From the privacy and comfort of your home, you can use the Amwell website or mobile app to see a psychologist or counselor face to face to address common behavioral health challenges. Amwell's online therapy services are available nationwide and include a network of more than 350 psychologists, social workers and other mental health disciplines with a wide variety of specialties. Therapists on Amwell provide care and counseling for anxiety, social anxiety, depression, stress management, LGBTQ counseling, bereavement/grief, OCD, PTSD/trauma, couples therapy, panic attacks, insomnia and life transition. The cost of the visit varies from \$99 to \$110 based on the experience and credentials of the therapist, although some may be covered by an employer insurance or health plan.

- **DOCTOR ON DEMAND**

Link: doctorondemand.com/what-we-treat/behavioral-health



Description:

Doctor On Demand's mental health practice allows you to choose from a variety of therapists and psychiatrists with different backgrounds and specialties, available when you are via video conferencing. From talk therapy to medication management, they help treat anxiety, stress, workplace issues, insomnia, headaches, restlessness, panic attacks, depression, bipolar disorder, postpartum depression, relationships, anger management, behavioral therapy, trauma, loss and more. It is \$129 for a 25-minute psychology consultation and \$299 for an initial 45-minute psychiatry consultation.

- **TALKSPACE**

Link: talkspace.com



Description:

TalkSpace offers comprehensive online mental health treatment options including online therapy, psychiatry, couples' therapy, and teen therapy via live video chat, messaging and phone conversations. They offer 24/7 access — reach out whenever based on your needs and lifestyle. Their network of providers cover a range of specialties, including depression, chronic illness, OCD, relationships, eating disorders, trauma and grief, anxiety and stress, anger management, substance abuse, parenting, childhood abuse, family conflict, LGBTQIA+, mood disorders and more. Cost is \$260-\$396 per month depending on which plan you choose. If you pay for three or six months upfront, you can save 10-20 percent on the overall cost.

SPECIAL TOPICS

• REGAIN (For Couples)

Link: regain.us



Description:

Focused on relationships, ReGain is an online relationship counseling platform providing convenient, discreet and affordable access to a licensed therapist. ReGain makes professional counseling available anytime, anywhere, through a computer, tablet or smartphone. ReGain may be used by individuals or couples seeking counseling for relationship or marital issues. Two users share a joint account in which they can communicate with the counselor together. All written communication is visible to both users and the counselor. If either partner would like to speak with the counselor privately, an individual live session can be scheduled. The cost of counseling through ReGain ranges from \$60 to \$90 per week (billed every four weeks) and it is based on your location, preferences and therapist availability.

• TEEN COUNSELING (For Teenagers)

Link: teencounseling.com



Description:

Description: TeenCounseling is an online platform where teens ages 13-19 can get help from a licensed therapist online. TeenCounseling.com makes affordable, discreet, professional counseling available through a computer, tablet or smartphone. All teens can benefit from having a professional counselor at their fingertips to discuss issues such as coping skills, anxiety, stress, self-esteem, depression, bullying, anger, eating disorders or any other mental health challenges. Counseling is done in four ways: exchanging messages with the counselor, chatting live with the counselor, speaking over the phone with the counselor, and videoconferencing with the counselor.

Telehealth Options Chart

	Cost	Accepts Insurance	Spanish Resources	Texting Available	App-based	Offline Resources	Appointment Required	Open 24/7	Child/Teen Options	HIPPA Certified
TAO Connect	FREE	YES	NO	NO	YES	NO	NO	YES	NO	NO
Sanvello	\$9-\$50/Month	YES	NO	YES	YES	NO	NO	YES	NO	NO
Bliss	FREE	NO	NO	NO	NO	NO	NO	YES	YES	VARIES
Goodtherapy	FREE	VARIES	NO	NO	NO	YES	YES	NO	YES	YES
Recovery Village	\$-\$\$\$	VARIES	NO	YES	YES	NO	NO	YES	NO	NO
7Cups	FREE	NO	YES	YES	YES	NO	NO	YES	13+	YES
ThriveWorks	\$15-\$140/SESSION	YES	NO	YES	NO	YES	YES	YES	YES	YES
TelaDoc	\$0-\$75/VISIT	YES	NO	NO	YES	YES	YES	NO	NO	YES
Onlinetherapy.com	\$31.96/WEEK	NO	NO	YES	YES	YES	NO	YES	NO	YES
MDLive	\$0-\$108/SESSION	YES	NO	NO	YES	NO	YES	YES	10+	YES
iCounseling	\$60-\$90/WEEK	VARIES	NO	YES	NO	NO	NO	YES	NO	YES
Better Help	\$60-\$90/WEEK	NO	NO	YES	NO	NO	NO	YES	10+	YES
AmWell	\$99-\$110/SESSION	VARIES	NO	NO	YES	NO	YES	YES	NO	YES
Doctor on Demand	\$75-\$299/CONSUL.	YES	NO	NO	YES	NO	YES	YES	YES	YES
TalkSpace	\$260-\$396/MONTH	YES	NO	YES	YES	NO	NO	YES	13+	YES
ReGain	\$60-\$90/WEEK	NO	NO	YES	NO	NO	NO	YES	NO	YES
Teen Counseling	\$60-90/WEEK	NO	NO	YES	NO	NO	NO	YES	YES	YES



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