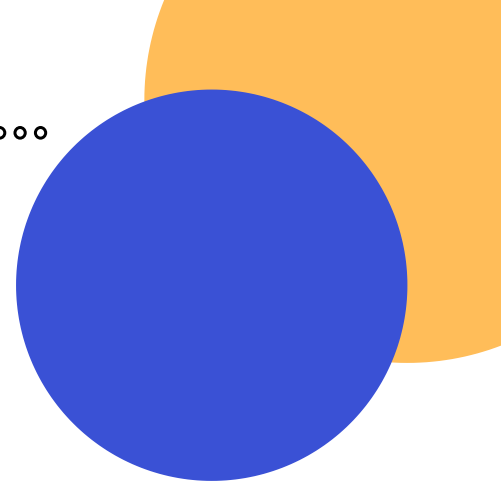


DID YOU KNOW...

YOU CAN GET MENTAL HEALTH CARE FROM HOME?

Check out these online counseling & mental health services to see which could be right for you:



ONLINE COUNSELING

BETTERHELP.COM

The largest online therapy platform worldwide, offering video, phone, and live chat counseling. Matches you with an available, licensed counselor who fits your needs and preferences. \$40-70 per week.

7CUPS.COM

Free 24/7 anonymous live chats with a caring listener + access to a community of chat rooms/forums for discussing mental health concerns. Online therapy with a licensed professional for \$150/month.

LARKR.COM

Mood and mental health goal tracking, live video counseling and messaging with a licensed therapist, and guided meditations. \$85/session.

TALKSPACE.COM

Match with suggested therapists after completing a short assessment and receive access to messaging and video counseling sessions. \$65-100/week.

CRISIS SUPPORT

1-800-273-8255

free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.

741741

Text "HOME" to this number to be connected to a trained, confidential crisis counselor who will listen and help you develop solutions for moving forward.

THETREVORPROJECT.ORG

Phone, text, and online chat lines available 24/7 to support LGBTQ young people experiencing mental health crises.

RAINN.ORG

Free and confidential phone and online chat lines available 24/7 to support survivors of rape, sexual abuse, assault, and incest.