

## Websites/ Centers for Online Counseling

- The Truman Group at <http://www.truman-group.com/> offers psychological care for expats virtually. Sessions are conducted via secure, confidential streaming video.
- [Betterhelp.com](http://www.betterhelp.com) is an affordable online counseling service used by other practicing international school counselors to support families.
- Common Chord Psychology Services/Dr. Laura Anderson [www.drlandsanderson.com](http://www.drlandsanderson.com) or [drlandsanderson@gmail.com](mailto:drlandsanderson@gmail.com) Common Chord Psychology facebook page.
- [RNG International](http://www.rnginternational.com) a great resource to help find services in the USA or elsewhere for students and families needing learning support, therapeutic services or boarding schools. They also offer college counseling.
- Online counseling directory: [Counseling Director in UK](http://www.counselingdirectorinuk.com)
- [Expats Nest](http://www.expatsnest.com)
- American Well [www.amwell.com](http://www.amwell.com) doctors, therapists and specialists
- [Break Through](http://www.breakthrough.com)