

Mental Health Resources

Developed by SEMC's Equity and Inclusion Action Team to support community activists, museum professionals, and anyone else who needs support.

National or General Resources

- 80 Free Mental Health Resources:
<https://greatist.com/grow/resources-when-you-can-not-afford-therapy>
- Crisis Line
1-800-273-TALK
Asian Languages
1-877-990-8585
- Crisis Text
Text "CONNECT" to 741741
- APISSA Therapy Directory
<https://www.asianmhc.org/apisaa>
- Asian Canadian Therapy Directory
<https://www.asianmhc.org/actd>
- Asian Solidarity: Healing Through Meditation & Creativity Registration Link
https://docs.google.com/forms/d/e/1FAIpQLScCR5dzzJAVmY4eU_IbGHux6TmUmDUkGimS0aFP30wNkPGwgw/viewform?gxids=7628
- NAMI Warm Lines
<https://www.nami.org/NAMI/media/NAMI-Media/BlogImageArchive/2020/NAMI-National-HelpLine-WarmLine-Directory-3-11-20.pdf>
- Henson Foundation - Mental Health support for the African American community:
<https://borislhensonfoundation.org>
- Trevor Project - Support for young LGBTQ individuals: 1-866-488-7386,
<https://www.thetrevorproject.org>
- Suicide Prevention Lifeline: 1-800-273-8255, <https://suicidepreventionlifeline.org>
- [Therapy for Black Girls](#)
- [Therapy for Black Men](#)

- [Loveland Therapy Fund](#)
- [National Queer and Trans Therapists of Color Network's Mental Health Fund](#) - They provide links to suitable psychotherapists. Those needing financial assistance are required to qualify and can get financial support for up to 6 sessions. Applicants can request up to \$100 per session.
- [Black Men Heal](#)
- [Black Mental Wellness](#)
- **Open Path Psychotherapy Collective's** therapists are queer friendly, and you can select the race and gender of the therapist you want to see. Their therapists all have profiles and you can see what they specialize in. The cost to join is \$59 for a lifetime and then every session ranges from \$30-\$60. Therapists have to be certified to practice in your state, but they have online options so it is a wide range.
<https://openpathcollective.org/>
- **Talkspace** is the most expensive of the "affordable" options I came across. They offer multiple plans ranging from \$52 to \$99 per week. They offer a 10% discount for customers that commit to a 3-month plan and 20% for those that commit to 6 months.
<https://www.talkspace.com/online-therapy/>
- **Real** is \$28 a month. It's almost like a mental wellness app, but with access to a therapist and free support group sessions. <https://www.join-real.com/how-it-works>
- **Free Mental Health Assessment:** free and private mental health assessment from Doctor on Demand to learn if you would benefit from therapy.
<https://patient.doctorondemand.com/assessment>
- **Mental Health and COVID-19 Information and Resources:** The Mental Health Association compiled a variety of resources and information to help you cope with the anxiety of living through a pandemic. This site provides the following resources: wellness and coping skills, BIPOC and LGBTQ+ communities, existing mental health concerns, caregiving and parenting, frontline workers, general information, COVID-19 blogs, COVID-19 webinars, and mental health screening tools. <https://mhanational.org/covid19>
- **Anxiety and Depression Association of America** recommended apps:
<https://adaa.org/finding-help/mobile-apps>

Geographically Specific Resources:

- University of Tennessee - Call 865-946-CARE for distressed faculty and staff. Also visit here4tn.com. Student assistance is through the office of the dean of students: <https://dos.utk.edu/974-help/>. Students in distress should call 865-974-HELP.
- UPIC - Health works with NY and NJ to offer completely free mental and physical online health coaching for women. <http://upichealth.com/telehealth>

Articles and Written Resources

- “4 Self-Care Resources for Days When the World is Terrible” by Miriam Zoila Pérez-
<https://www.colorlines.com/articles/4-self-care-resources-days-when-world-terrible/>