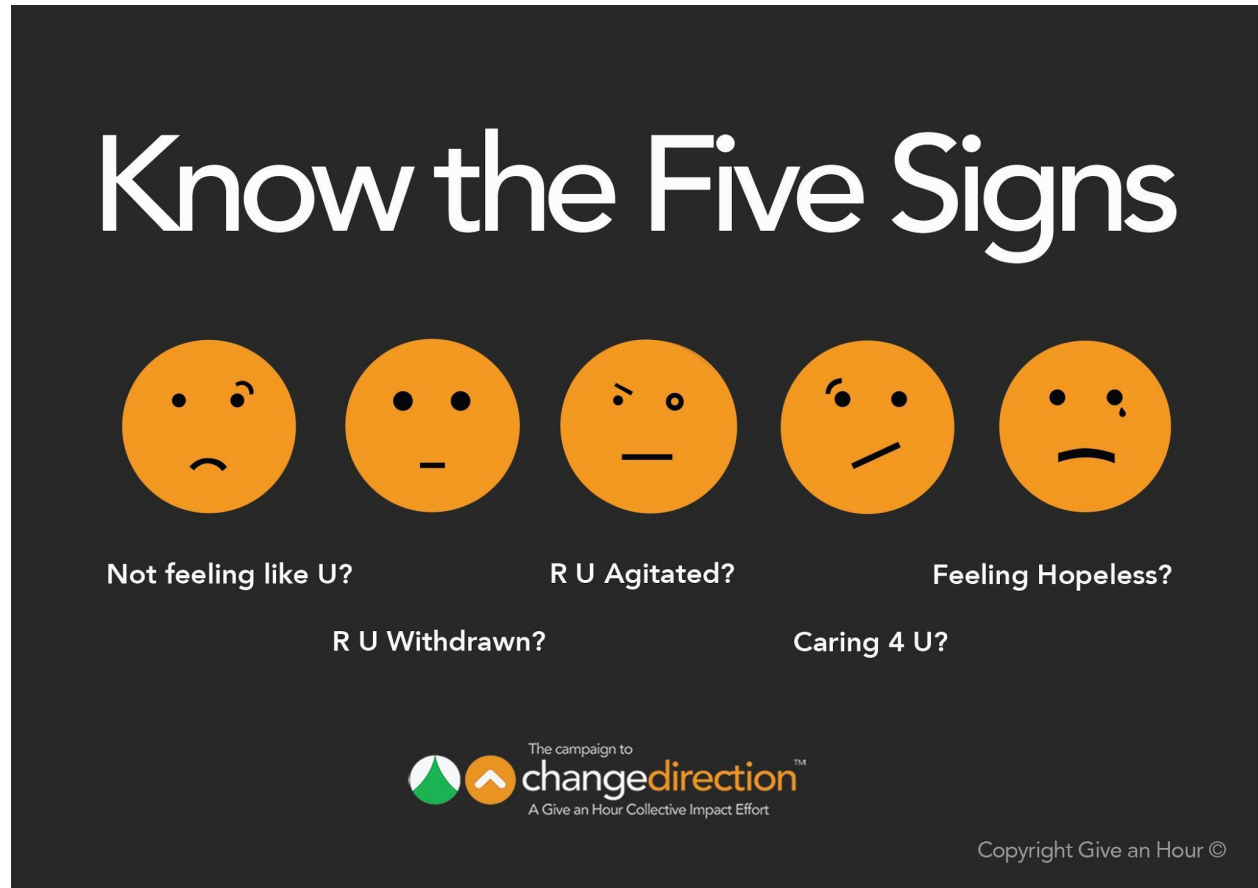


Mental Health Options for COVID-19

on a Nanny Budget



Jump straight to: [I have insurance.](#) | [Qualified, licensed options without insurance.](#) | [Just someone to talk to.](#) | [It doesn't even need to be a person.](#)

If you live in Massachusetts, your health insurance has to, by law, cover teleconferencing therapy so you can look at the "I have insurance." options.

If you have insurance through Blue Cross Blue Shield (of any state), they released a statement: "Your plan now covers phone and video telehealth services from in-network providers. It is treated the same as an in-office visit." ([BCBS-NC Website about telehealth behavioral health options.](#))

Brought to you by your [North Carolina Professional Association of Nannies](#). If you found this sanity saving, hint to your employers that they should spring for [a membership for you](#) so we have the funds to keep churning out awesome, and helpful content!

I have insurance.

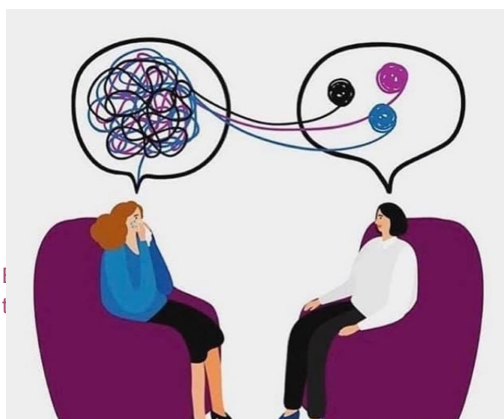
- [Sanvello](#) -- Teletherapy provided by qualified, licensed therapists via app. Adding your insurance information provides you with a wide range of options.
- [Carolina Counseling Wellness Associates](#) -- Virtual therapy visits which are covered by many insurance plans.
- [Blue-Cross Blue-Shield NC Directory of Teletherapy Providers](#)

Qualified, licensed options without insurance.

In increasing order of out of pocket price.

- [Sanvello](#) -- Teletherapy provided by qualified, licensed therapists via app. Free options are limited, but, still, free.
- 855-587-3463 -- Hotline to connect those in need of qualified, licensed therapy with available options in North Carolina.
- [Wysa](#) -- App only. For \$30/month, Wysa will provide you with access to a properly trained therapist to provide additional treatment in conjunction with the AI features of the app.
- [Rethink My Healthcare](#) -- Direct pay psychology (therapy) and psychiatry (can prescribe medicine) for \$60/month or a one-off at \$25. For that price, you can receive team-care between a psychologist and a psychiatrist who collaborate for your best outcomes.
- [7Cups](#) -- Paid option allows you to talk with licensed professional counselors for \$150/month.
- [Better Help](#) -- Teletherapy provided by licensed, professional counselors. Ranges in price from \$40-\$70.
- [Open Path](#) -- After paying a one-time \$59 registration fee, individuals can work with an Open Path therapist at a cost of \$30-\$80/session via sliding scale.
- [Talkspace](#) -- Therapy provided by licensed clinical professionals. Ranges in price from \$65-\$100/week.

Just someone to talk to. Free. / Listeners.



- (US) The Crisis Text Line -- If you're feeling anxious and need someone to talk to, text SIGNS to 741741. The Crisis Text Line is a 24/7, free, and

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confidential service. They're very responsive, compassionate, and helpful.

- (US) National Suicide Hotline -- 1 800-273-8255. If you don't feel like speaking, text HOME to 741741.
- (international) [Emergency crisis lines for around the world.](#)
- The Hopeline -- 1-877-235-4525 or in North Carolina it is 919-231-4525.
- Optum's 24 Hour Support Line for those experiencing Stress or Anxiety about COVID-19 -- 866-342-6892.
- [NYC Well](#) -- While the in-person resources for chatting on this service are only available to those who live in New York City, this chat service connects you with a trained (not: not licensed) counselor that many in other states or other English speaking countries have reported as being incredibly helpful and caring. It should be noted that information sent over this service does not meet the HIPPA standards for confidentiality and could be hacked, so consider another service if you are wanting to share sensitive information which could be used to steal your identity or betray governments. Also, check out their [free app library](#).
- [7Cups](#) -- Connect with a caring listener-volunteer for free emotional support.
- [Wednesday Nanny Zoom Call](#) -- Vent face to face with fellow nannies who get it because we live it. 8 pm ET. **PUT IT ON YOUR CALENDAR!**
- [/r/depression](#) -- Because no one should be alone in a dark place.
- [Quarantine Chat](#) -- Talk on the phone to someone else who is stuck in their home due to this virus. One-to-one discussion, using our voice.
- [Free Therapy](#) -- A peer to peer platform for posting about whatever you need to talk about and receive uplifting and helpful responses.
- [Al Anon Online](#) -- If this current situation has thrown you into close proximity with an addict, specifically an alcoholic, and you need support in adjusting to that, Al Anon is there for you. Anyone who is directly impacted by an addict, or a suspected addict, is welcome.
- X Anonymous -- If you are an addict in recovery, contact your local intergroup for resources to virtual meetings. Depending on the area, they are being held through a variety of mediums and the list is too extensive to keep here. Also, contact your sponsor. [\[AA Intergroup\]](#) [\[NA Intergroup\]](#)

It doesn't even need to be a person. / Bots.

As the need for mental health services continues to surpass availability, people in distress can reach out online to mental health "chatbots." A 2014 study funded by the U.S. Defense Advanced Research Projects Agency [found](#) that participants who believed they were speaking with an AI therapist were more likely to open up than participants who were told the AI therapist was actually a human.

- [Woebot](#) -- App only. A “fully automated conversational agent” developed by Woebot Labs in San Francisco. Woebot does [cognitive behavioral therapy \(CBT\)](#) — an evidence-based approach to treatment. Woebot might feel more like an interactive quiz or a game than a chat.
- [Wysa](#) -- App only. Wysa is meant to help users who have mild depression and anxiety. Wysa does cognitive behavioral therapy (CBT). ORCHA, the World’s leading health app evaluation and advisor organisation, recommends Wysa as the best app for COVID-19 stress and anxiety. Wysa is completely anonymous and complies with [NHS's DCB 0129](#) standards for clinical safety. It is a freemium, where there is a cost for a real life human to provide coaching. It should be noted that if you do pay for the premium human, that individual is not a licensed therapist, just a coach.
- [Youper](#) -- Another app only. This is a freemium with a paid option, but also a free plan. Likely CBT-based as well, but they do not disclose.
- [ELIZA](#) -- Webpage based. And not CBT. This one uses Rogerian (nondirective) therapy principles and is the oldest existing AI therapist bot dating back to the 1960s. Chatting with ELIZA will feel like speaking in natural language to a person.
- [eCouch](#) -- e-couch is a self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief. It provides evidence-based information and teaches strategies drawn from cognitive, behavioural and interpersonal therapies as well as relaxation and physical activity. // \$27 one time purchase