

Info & Referral for Mental Health Care



Substance Abuse and Mental Health Service Abuse: Treatment Locator

www.samhsa.gov/find-treatment

Find information on mental health counseling, substance abuse services, healthcare centers and veteran affairs



Psychology Today

www.psychologytoday.com

Locate local mental health therapists and psychologists



HelpPRO: Resources Within Reach

www.helppro.com

Locate local mental health therapists and psychologists



United Way

www.211unitedway.org

Find information on counseling, inpatient/outpatient mental health services, and residential treatment centers



Depression and Bipolar Support Alliance

Depression and Bipolar Support Alliance

www.dbsalliance.org

Locate in-person support groups for those living with depression or bipolar disorder and discover how to join an online network of parents of affected individuals



National Alliance on Mental Illness

www.nami.org

Find information on support groups for those living with a mental health condition and their family members



Better Help

www.betterhelp.com

Online access to sessions with licensed mental health professionals

Talk Space

www.talkspace.com

Text messaging therapy with licensed mental health professionals



Teen Counseling

www.teencounseling.com

Therapy sessions for teens can take place online, text and/or by phone



Give An Hour

www.giveanhour.org

Provides free and confidential mental health care to veterans and their family member



Cerebral

www.cerebral.com

Online prescriber visits, care counseling and prescriptions delivered to your door