

Guidance for Mental Health Services

If you or your child is in need of counseling, we recommend:

1. Call your insurance provider to get a listing of mental health providers.
2. If you do not have insurance, your child may be eligible for Medical Assistance (MA).
 - a. You can apply online through COMPASS
<https://www.compass.state.pa.us>
 - b. If you have MA, go to www.cmpmhds.org to find services

3. Online therapy:

Betterhelp.com
Online-Therapy.com
Pridecounseling.com (LGBTQ)
Talkspace.com (takes some insurances)
Teencounseling.com

4. Some apps that might be helpful:

General Mental Health:

What's up - free; IOS and Android
Mood Kit - \$4.99; IOS

Anxiety:

Mindshift - free; IOS and Android
Self-Help for Anxiety Management (SAM) - free; IOS and Android
CBT Thought Record Diary - free; IOS and Android

Depression:

Happify - free; IOS and Android
Mood Tools - free; IOS and Android

Mindfulness and Meditation:

Headspace - \$9.99/year for students; IOS and Android
Calm - \$12.99/month; IOS and Android
Ten Percent Happier - 12.99/month; IOS and Android

5. Suicide Prevention resources:

LifeLine - 1-800-273-TALK (8255)
Crisis Chat line - text "PA" to 741-741
Trevor Lifeline (LGBTQ) - 1-866-488-7386