Guidance for Mental Health Services

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

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

Betterhelp.com

Online-Therapy.com

Pridecounseling.com (LGBTQ)

Talkspace.com (takes some insurances)

Teencounseling.com

1. Some apps that might be helpful:

General Mental Health:

Mood Kit - $4.99; IOS

 Anxiety:

 Mindshift - free; IOS and Android

 Self-Help for Anxiety Management (SAM) - free; IOS

 CBT Thought Record Diary - free; IOS

 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 – $8.33/month; IOS and Android

1. Suicide Prevention resources:

 LifeLine - 988

 Crisis Chat line - text “PA” to 741-741

 Trevor Lifeline (LGBTQ) - 1-866-488-7386