

## Online Support Communities

- Crisis Text Link - text HOME to 741741 and a live counselor will connect with you in 5 minutes and stay on the line until you figure out a safe plan of support. More info here: <https://www.crisistextline.org/texting-in>.
- NAMI hosts online communities where people exchange support and encouragement. These Discussion Groups can easily be joined by visiting [www.nami.org](http://www.nami.org).
- 7 Cups: [www.7cups.com](http://www.7cups.com) Free online text chat with a trained listener for emotional support and counseling. Also offers fee- for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish.
- Emotions Anonymous: [www.emotionsanonymous.org](http://www.emotionsanonymous.org) An international fellowship of people who desire to have a better sense of emotional well-being. EA members have in person and online weekly meetings available in more than 30 countries with 600 active groups worldwide. The EA is nonprofessional and can be a complement to therapy.
- Support Group Central: [www.supportgroupscentral.com](http://www.supportgroupscentral.com) Offers virtual support groups on numerous mental health conditions - free or low-cost. Website also offered in Spanish.
- TheTribe Wellness Community: [www.support.therapytribe.com](http://www.support.therapytribe.com) Free, online peer support groups offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD and Teens.
- SupportGroups.com: <https://online.supportgroups.com/> Website featuring 200+ online support groups.
- For Like Minds: [www.forlikeminds.com](http://www.forlikeminds.com) Online mental health support network that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.
- 18percent: [www.18percent.org](http://www.18percent.org) Offers a free, peer-to-peer online support community for those struggling with a wide range of mental health issues.
- Psych Central: [www.psychcentral.com](http://www.psychcentral.com) Offers online mental health resources, quizzes, news, an “Ask the Therapist” function, and online support communities.
- Headspace website and phone app is offering free guided meditations, sleep and movement exercises  
<https://www.headspace.com/covid-19>