

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).
 - 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:

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

5. Suicide Prevention resources:

LifeLine - 988

Crisis Chat line - text "PA" to 741-741

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