

Mental Health Support During COVID-19

If you are away from campus during the time of distance learning and are in need of mental health services where you are located, here are some suggestions on how and where you might access services:

- Local community mental health center
- Contact your primary care provider for referrals
- Contact your health insurance provider for referrals

Telehealth Resources:

Online Therapy

What you need to know before choosing online therapy - <https://www.apa.org/helpcenter/online-therapy>

Psychology Today

- -> "Find a Therapist" Enter City/Zip Code
- -> Left side of the page Select Insurance Type
- -> Scroll down and then select, "Online Therapy"
- -> Select "Online Counseling"

Open Path Psychotherapy Collective: membership-based resource that connects you to affordable counseling services, currently offering telehealth.

Better Help: Online counseling service | \$40 - \$70 per week

7 Cups: Provides anonymous and confidential **online text chat** with trained volunteer listeners, or licensed counselors.

- Free to chat with volunteer listeners
- Unlimited 24/7 messaging with a licensed counselor costs \$150 per month

7 Cups – POC: Provides free, anonymous and confidential **online text and chat support** specifically for students of color.

Pride Counseling: Professional online counseling for the LGBTQ+ community | \$40 - \$70 per week

Regain: Online couples therapy | \$40 - \$70 per week

MD Live: Online psychiatry & medication management | \$259 for the first visit; \$99 for each follow-up

LewerMark / Morneau Shepell: offers mental health support for **SPU International Students**

Phone Support

Emotional-Support Help Line: 1-866-342-6892

Free 24/7 access to specially trained mental health specialists to support people who may be experiencing anxiety or stress following the recent developments around COVID-19.

Crisis / Emergency Support

Crisis Text Line: Text **HOME** to **741741** to communicate with a trained crisis counselor, from anywhere in the United States, anytime, about any type of crisis

Students of Color can also text **STEVE** to the Crisis Text Line at **741741** to speak with a crisis counselor dedicated to supporting the mental health and emotional wellbeing of students of color.

National Suicide Prevention Lifeline: **1-800-273-8255**

Trevor Lifeline: Call 1-866-488-7386 for 24/7 support of LGBTQ+ youth.

Trans Lifeline: Call 1-877-565-8860 for direct emotional and financial support to trans people in crisis - for the trans community, by the trans community

Veterans Crisis Line (VA): Call 800-273-8255 (press 1) or text 838255 for 24/7 veteran support

**Outside the US*: List of crisis hotlines by country - https://www.iasp.info/resources/Crisis_Centres/

Free Self-Help Resources:

Below are some links to information around how to decrease anxiety and take care of your mental health during times of uncertainty:

- **TAO Guided Mindfulness Videos**: <https://www.taoconnect.org/mindfulness-exercise/>
- **Self-Compassion in the Midst of COVID-19** (Wednesday, April 15th, 11am-1pm PST): This free workshop will explore the inner resource of self-compassion to navigate these difficult times. Sign up at <https://centerformsc.org/self-compassion-in-the-midst-of-covid-19/>
- [Taking Care of Your Mental Health in the Face of Uncertainty](#)
- [Care for Your Coronavirus Anxiety](#)
- [Face COVID using ACT](#) (video)

Apps

- **Headspace**: [App Store](#) | [Google Play](#) (Free 2-week trial)
- **Sanvello**: [App Store](#) | [Google Play](#) (Free premium access during COVID-19)
- **Stop, Breathe, & Think**: [App Store](#) | [Google Play](#)
- **CBT Thought Diary**: [App Store](#) | [Google Play](#)