

MENTAL HEALTH RESOURCES

- Inclusive Therapists- offers a safer, simpler way to find a culturally responsive, LGBTQ+ affirming, social justice-oriented therapist.
- Rise Above the Disorder (RAD)- A non-profit organization funded by community to help individuals seek and participate in counseling services.

Alternatives to Counseling/Therapy

- 7 Cups of Tea - Online resource anonymous support from trained listeners, Q&As for various mental categories, and offers discounted counseling program.
- Blah Therapy- Low Fee therapy options and the ability to speak with others as either a listener or a venter.
- iPrevail- Peer-Run Support Groups, mental health workshops, and peer to peer coaching.

Educational Information and Peer Support

- PsychCentral- Offers access to a free therapy forum available 24/7, each of which is centered around a specific topic. They also host weekly and social chats.
- Mental Health Forum- A forum categorized by mental health concerns to speak openly about unique experiences.
- Sane Forums-Live Chat Rooms and Forums to discuss mental health experiences.

