

# Mental Health Resources

## Emergency and Crisis Resources

- **National Suicide Prevention Lifeline (24/7):** Call/text **988** or chat [988lifeline.org](https://988lifeline.org)
- **Crisis Text Line (24/7):** Text HOME to 741741
- **NAMI HelpLine (M-F 10am-10pm):** 1-800-950-6264 or chat [nami.org/help](https://nami.org/help)
- **NYC Crisis Line (24/7):** 888-692-9355
- **SAMHSA Helpline (24/7, for emergencies involving substance abuse):** 800-662-4357

### NYC's Office of Community Mental Health

<https://mentalhealth.cityofnewyork.us/how-to-help>

Links to many services, including NYC Well (1-888-NYC-WELL [1-888-692-9355]), which is open 24/7

## Entertainment Community Fund

[Entertainment Community Fund's list of mental health resources](#), which has intake specialists who can refer you to local mental health resources

- Eastern Region  
917.281.5919  
[eastern@entertainmentcommunity.org](mailto:eastern@entertainmentcommunity.org)
- Central Region  
312.372.0989  
[central@entertainmentcommunity.org](mailto:central@entertainmentcommunity.org)
- Western Region  
323.330.2455  
[western@entertainmentcommunity.org](mailto:western@entertainmentcommunity.org)

### ECF's Mental Health Portal

What the Entertainment Community Fund can provide:

- Assessment to help determine your mental health needs.
- Short-term supportive counseling
- Referrals for ongoing care in the community and/or medication management
- Workshops on a variety of mental health topics, including "Finding the Best Mental Health Support for You."
- **Support Groups** that offer a space to connect with others in our community on a variety of topics
- Education and information on understanding your mental health insurance coverage and community resources.

- Daily mindfulness meditations online

Referrals can be made to a wide network of mental health providers who are familiar with industry issues and are in-network with commonly used health plans. Many may offer flexible schedules, virtual or in-person support and specialty treatments. Financial assistance may be available to help with the cost of treatment.

- **Please register or log in to the [Entertainment Community Fund Portal](#) to access workshops, programs and services.** Our portal is designed to cater to your individual needs and interests, offering access to a wide range of resources and support—all with the guidance and understanding of what it takes to build a life and career in the arts.

**[Social Services and Emergency Financial Assistance](#)** Our free and confidential social service programs address a wide array of challenges faced by people in performing arts and entertainment. Our professional social workers offer support, counseling and practical help. If you would like to speak with a social worker, please complete our [application](#) or contact an office nearest to you.

**[Artist Health Insurance Resource Center and Friedman Health Center for the Performing Arts](#)** Our [Artists Health Insurance Resource Center](#) updates its workshops and seminars with comprehensive information on the latest insurance options, provides enrollment assistance for Affordable Care Act plans, and offers online resources, education and literacy tools. Through one-on-one insurance counseling, workshops, and information, the Fund is here to guide you toward the coverage you need for you and your family.

**[The Friedman Health Center for the Performing Arts](#)** in Times Square offers primary and specialty care, expedited referrals within the Mount Sinai Health System, extended hours and continuity of care for those who experience regular changes in health insurance coverage.

Our direct contact at the Entertainment Community Fund is Lillian Gallina, LCSW (she/her), Director of Workplace Initiatives. She can be reached at for any questions regarding these programs:

729 Seventh Avenue, 10th Floor | New York, NY 10019  
**D:** 917.281.5918 | **P:** 212.221.7300 ext. 118 | **F:** 212.764.6404  
[lgallina@entertainmentcommunity.org](mailto:lgallina@entertainmentcommunity.org)

## Equity Resources

- **[Health, Pension and 401k Information](#)**  
 The Equity-League Benefit Funds is a separate entity from the union – an independent organization with trustees drawn from Actors’ Equity Association and from producers. They administer health insurance, pension and 401(k).

- [Equity League Benefit Funds](#)
- [Equity Member Education](#)  
Whether you have been a member for a minute or a decade, there's always more to learn about what the union does and how it operates. Over time, this section of the member portal will grow with additional resources for better understanding our contracts, governance and more.
- [Diversity & Inclusion · Actors' Equity Association \(actorsequity.org\)](#) D&I public webpage
- [Resources for Trans, Nonbinary Members and Allies · Actors' Equity Association \(actorsequity.org\)](#) Resources for Trans/Non-Binary Members and Allies page

## Therapist Directories

### [In-Network Cigna Behavioral and Mental Health Specialists](#)

#### Commercial Insurance:

- **Alma:** [www.helloalma.com](http://www.helloalma.com)
- **Headway:** [www.headway.co](http://www.headway.co) (Sliding scale options for those with Medicaid, Medicare, Essential Plan, Uninsured)
- **ZocDoc:** [www.zocdoc.com](http://www.zocdoc.com)
- **Psychology Today:** [www.psychologytoday.com](http://www.psychologytoday.com)
- **American Psychological Association:** <https://www.apa.org/>

#### Without insurance, with Medicaid, Medicare, Essential Plan and ACA

- **Therapy 4 The People:** [www.therapy4thepeople.org](http://www.therapy4thepeople.org)
- **Open Path Collective:** [www.openpathcollective.org](http://www.openpathcollective.org)
- **SesameCare:** [www.sesamecare.com](http://www.sesamecare.com) (for low-cost / sliding scale doctors and psychiatrists as well)

#### Low-cost mental health directories for clinics and institutes (Nation-wide)

- **National Association for Free and Charitable Clinics:** <https://nafcclinics.org/>
- **Substance Abuse and Mental Health Services Administration:** <https://www.samhsa.gov/find-treatment>
- **ZenCare:** <https://www.zencare.co>

#### Identity-Based Online Mental Health Directories (Sliding scales available)

- **Inclusive Therapists:** <https://www.inclusivetherapists.com/>

- **Gender and Sexuality Therapy Center:** <https://gstherapycenter.com/>
- **TherapyforBlackGirls:** <https://therapyforblackgirls.com/>
- **Latinx Therapy:** <https://latinxtherapy.com/>
- **Black Mental Health Alliance:** <https://blackmentalhealth.com/>
- **National Queer and Trans Therapists of Color Network:** <https://nqttcn.com/en/>
- **Black Men Can Heal:** <https://blackmenheal.org/>
- **Asian Mental Health Collective:** <https://www.asianmhc.org/>
- **Manhattan Alternative:** a network of unaffiliated, independently practicing therapeutic service providers who are sex-positive, affirmative, and have expertise related to issues faced by kink, poly, consensually non-monogamous, trans, gender non-conforming, and/or LGBTQ individuals. <https://www.manhattanalternative.com/>
- **Bad Bitches Have Bad Days Too** Mental Health Resource by Megan Thee Stallion. The site includes links to therapy platforms and several hotlines, as well as specialized resources for Black people, women of color, Native Americans, and the LGBTQ+ community. <https://www.badbitcheshavebaddaystoo.com/>

### Online Therapy Options

#### A Good Alternative For Those On Tour, Looking For A Provider

**Amwell** Connects you to a therapist and/or psychiatrist 24 hours a day using your phone, tablet or computer. Also provides therapy for children ages 10–17.

Cost:

Procession pricing: Therapy visits cost \$109–\$129
Psychiatric appointments cost \$269 for an initial 45-minute consultation without insurance
Follow-up 15-minute consultations cost \$109

- Insurance: Select insurances accepted
- Therapist match: Matched with therapist and/or psychiatrist based on location
- Available in all 50 states
- **Website:** [amwell.com](http://amwell.com)  
**Phone:** 855.818.3627  
**Email:** [support@americanwell.com](mailto:support@americanwell.com)

**BetterHelp** Individual, couple and teen counseling 24 hours a day through text, chat, phone or video.

Cost:

Procession pricing: \$60–\$90/week (billed every 4 weeks) based on location, preferences and therapist availability
Membership Pricing: <ul style="list-style-type: none"> <li>• Insured: \$14.99/month or \$99/year. First &amp; following visits are co-pay</li> <li>• Uninsured: \$14.99/month or \$99/year. First visit \$99 and follow ups \$59</li> </ul>

- Insurance: Limited acceptance
- Therapist match: Based on biopsychosocial questionnaire
- Available in all 50 states



- Website: [betterhelp.com](https://betterhelp.com)
- Email: [contact@betterhelp.com](mailto:contact@betterhelp.com)

**Cerebral** Connects you to a therapist, care counselor or nurse practitioner through text, chat, phone or video 24 hours a day. Also provides medication management.

Cost:

<p>Insured:</p> <ul style="list-style-type: none"> <li>• Therapy appointments: \$29/month + copay</li> <li>• Medication + Care Counseling appointments: \$29/month + copay</li> <li>• Therapy + Medication Management: \$29/month + copay</li> </ul>
<p>Uninsured</p> <ul style="list-style-type: none"> <li>• Therapy appointments: \$259/month</li> <li>• Medication + Care Counseling appointments: \$85/month</li> <li>• Therapy + Medication Management: \$325/month</li> </ul> <ul style="list-style-type: none"> <li>• Insurance: Select insurances accepted</li> <li>• Therapist match: Online assessment and choice based off of provider profiles.</li> <li>• Medication + Therapy Plans offered in: Alabama, Arizona, Arkansas, California, Colorado, Connecticut, Florida, Georgia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Nebraska, Nevada, New Jersey, New York, North Carolina, Ohio, Oregon, Oklahoma, Pennsylvania, South Carolina, Tennessee, Texas, Utah, Virginia, Washington and Wisconsin</li> </ul> <ul style="list-style-type: none"> <li>• Website: <a href="https://cerebral.com">cerebral.com</a></li> <li>• Contact Form: <a href="https://getcerebral.com/contact">getcerebral.com/contact</a></li> </ul>

**Headway** Connects you with an in-network therapist and handles all insurance billing.

Cost:

Free service; therapy sessions are covered by insurance + copay
<ul style="list-style-type: none"> <li>• Free service; therapy sessions are covered by insurance + copay</li> <li>• Insurance: Select insurances accepted</li> <li>• Therapist match: You select a therapist based on location and insurance type</li> <li>• Available in Colorado, Florida, Georgia, Illinois, Michigan, New Jersey, New York, North Carolina, Texas, Virginia and Washington</li> </ul> <ul style="list-style-type: none"> <li>• Website: <a href="https://headway.co">headway.co</a> Contact: <a href="https://headway.co">headway.co</a></li> </ul>

**Join-Real** Connects you to a therapist using your phone, tablet or computer, 24-hours a day.

Membership also gives you access to Mental Health events and workshops.

Cost:

Subscription pricing
Monthly: cancel anytime: \$24/month
Six-month membership: \$17/month
Annual membership: \$13/month
<ul style="list-style-type: none"> <li>• Insurance: Not accepted</li> <li>• Therapist match: Client can choose from a variety of different "pathways" with the option to change if needed.</li> <li>• Available in all 50 states</li> </ul>



- Website: [join-real.com](http://join-real.com)
- Email: [hi@join-real.com](mailto:hi@join-real.com)

**LemonAid Health** Connects you with a doctor or nurse practitioner to provide psychiatric treatment to treat anxiety, depression, insomnia and/or smoking cessation.

Cost:

Subscription pricing
Monthly: cancel anytime: \$95/month

- Insurance: Not accepted
- Therapist match: Match with a doctor or nurse practitioner based on location
- Available in all 50 states
- Website: [lemonaidhealth.com](http://lemonaidhealth.com)
- Phone: 415.926.5818

**MDLive** Connects you with a therapist and/or psychiatrist using your phone, tablet or computer. Also provides therapy for children and teens ages 10-17.

Cost:

Out of pocket pricing
Psychiatry: initial session is \$284 and follow-ups are \$108
Counseling: initial session is \$108 and follow-ups are \$99

- Insurance: Select insurances accepted
- Therapist match: Match with a therapist and/or psychiatrist based on location
- Available in all 50 states
- Website: [mdlive.com](http://mdlive.com)
- Phone: 800.400.MDLive (6354)

**PlushCare** Connects you to a therapist or psychiatrist using your phone.

Cost

Subscription pricing
Insured: membership is \$14.99/month or \$99/year
Uninsured:\$99/weekor\$119/session + membership fee

- Insurance: Select insurances accepted
- Therapist match: Matched with therapist and/or psychiatrist based on location and insurance type
- Online therapy offered in: Arkansas, California, Florida, Illinois, Indiana, Kentucky, Maine, Maryland, Michigan, Minnesota, New Jersey, New York, Ohio, Oregon, South Carolina, Pennsylvania, Tennessee, Vermont, Texas, Washington and Wisconsin
- Website: [plushcare.com](http://plushcare.com)
- Phone: 888.727.0263
- Email: [info@plushcare.com](mailto:info@plushcare.com)

**Sondermind** Connects you to a therapist or psychiatrist using your phone.

Cost:

Out of pocket pricing: \$85-\$90/session
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- Insurance: Select insurances accepted
- Online therapy offered in: Colorado, Arizona, Georgia, Maryland, Missouri, Nebraska, Ohio, Texas, Virginia and DC
- **Website: [sondermind.com](https://sondermind.com)**
- **Phone: 844.888.9355**
- **Email: [support@sondermind.com](mailto:support@sondermind.com)**

**Talkspace** Individual, couple and teen counseling (ages 13-17) through text, chat, phone or video, 24 hours a day. Psychiatric services also provided.

Cost:

Subscription pricing
Services offering a variety of different subscriptions at different prices ranging from \$260–\$396 a month

- Insurance: Select insurances accepted
- Therapist match: Based on biopsychosocial questionnaire
- Available in all 50 states as well as outside the US
- **Website: [talkspace.com](https://talkspace.com)**

## Private Practices

### IHI Therapy Center

<https://www.ihitherapy.org/>

IHI Therapy Center (Institute for Human Identity) is an NYC-based non-profit psychotherapy and training center dedicated to fostering personal growth free of traditional gender, sexual orientation, and cultural biases. You may qualify for [affordable mental health counseling](#) if you are referred to us through The Actors Fund and have proof of current membership with an entertainment union like AEA, SAG, AFTRA, AGMA, ASC, ASCAP, DGA, IATSE, and WGA. For qualified professionals, we offer a reduced clinical fee for client sessions scheduled weekdays between 10AM and 3PM.

### Equity Therapy

<https://www.equitytherapy.com/>

Navigating the world of a performing artist can be a daunting task with its own unique challenges. Many of our therapists have former careers on Broadway. Our current team has 36 Broadway shows between us, a milestone no other mental health practice can say. As a result, we are uniquely positioned to understand and support the needs of Broadway/touring companies.

### Behind the Scenes

<https://wp.behindthescenescharity.org/mental-health-and-suicide-prevention-initiative/entertainment-industry-therapist-finder/>

The [Entertainment Industry Therapist Finder \(EITF\)](#) only includes listings for mental health professionals who have previously worked with clients in the entertainment industry or who

have personal professional experience in the industry themselves. After initially entering your geographic information (zip or city), you can search on a wide number of fields to find a therapist that seems right for you. This includes insurance, specialties, type of therapy, gender, language, availability, etc.

### **The Expansive Group**

<https://theexpansivegroup.com/>

Community Cultivated Sexuality, Gender & Relationship Therapy. The Expansive Group is a team of queer therapists, coaches, mentors, and sex educators that broaden insight around gender, sexuality, and relationships. We offer consulting, group and individual therapy, pleasure mentoring and educational services that are offered in person at our Chicago office as well as virtually.

### **Bad Bitches Have Bad Days Too**

<https://www.badbitcheshavebaddaystoo.com/>

Mental Health Resource by Megan Thee Stallion. The site includes links to therapy platforms and several hotlines, as well as specialized resources for Black people, women of color, Native Americans, and the LGBTQ+ community.

### **Good Therapy**

[GoodTherapy.org](https://www.goodtherapy.org/)

GoodTherapy.org unites therapists and the general public by disseminating mental health news and information, challenging mental health stigma, and promoting ethical therapy.

### **Pride Counselling**

<https://www.pridecounseling.com/>

Whether you are struggling with mental health issues, your identity, or just need someone to talk to, we believe help should be accessible to everyone. We noticed that individuals in the LGBTQ community suffer from mental health issues at a disproportionately high rate and we wanted to help. By providing online therapy to the LGBTQ community, we make help accessible and accepting of everyone.

## **Articles, Videos and Helpful Websites**

- How to Deal With An Anxiety Attack: What to do when anxiety threatens to take over – Steven C. Hayes  
[www.thriveglobal.com/stories/how-to-deal-with-an-anxiety-attack/](http://www.thriveglobal.com/stories/how-to-deal-with-an-anxiety-attack/)
- This Is What ‘Self-Care’ Really Means, Because It’s Not All Salt Baths and Chocolate Cake – Brianna Wiest <https://thoughtcatalog.com/brianna-wiest/2023/01/this-is-what-self-care-really-means-because-its-not-all-salt-baths-and-chocolate-cake/>
- Why Am I Always Like This? Where do fear, anxiety, and worry come from? And why do we so often stand in our own way? – Steven C. Hayes  
[www.thriveglobal.com/stories/why-am-i-always-like-this/](http://www.thriveglobal.com/stories/why-am-i-always-like-this/)



- How to exercise when it’s the last thing you want to do – Rebekah Barnett & Daryl Chen <https://ideas.ted.com/how-to-exercise-when-its-the-last-thing-you-want-to-do/>
- The Happiness Trap: Evolution of the Human Mind – Russ Harris [www.youtube.com/watch?v=kv6HkipQcfA](http://www.youtube.com/watch?v=kv6HkipQcfA)
- The Sympathetic and Parasympathetic Nervous Systems – Russ Harris [www.youtube.com/watch?v=R2825kDSo4M](http://www.youtube.com/watch?v=R2825kDSo4M)
- Three Meanings of Freeze – Russ Harris [www.youtube.com/watch?v=J\\_iZOIn3itE](http://www.youtube.com/watch?v=J_iZOIn3itE)
- Meditation Oasis [www.meditationoasis.com](http://www.meditationoasis.com)
- Mindful [www.mindful.org](http://www.mindful.org)
- UCLA Mindful Awareness Research Center- Guided Meditations <http://marc.ucla.edu/body.cfm?id=22>

**Apps For Your Smartphones and Tablets**

Breathe2relax (iOS & Android)	Fear Tools – Anxiety Aid (iOS & Android)
Mindshift CBT (iOS & Android)	Mood Mission (iOS & Android)
Self-help Anxiety Management (iOS & Android)	Stop, Breathe, Think (iOS & Android)

**K + K Reset**

Tap into K+K Reset if you need guidance or support around any interpersonal issues at work, mediated conversations with coworkers, building brave spaces or any other mental health support.

On our team we have Olivia DeSanto, who just completed their master’s in social work and is working towards their LMSW with a specialization in mental health. Before studying to become a therapist, Olivia was an AEA stage manager, and they have worked on a variety of productions from off-Broadway to national tours. As a social worker, they have worked as a case manager for GLBTQ+ Elders at SAGE, and as a clinical play therapist for children ages 0-7 at JCCA.

During their MSW they specialized in drama therapy through a trauma lens, with a population focus on mental health and systemic inequity in the theatre industry.

You can reach us at any time at [HR@kkreset.com](mailto:HR@kkreset.com)