

## Free Mental Health Resources

The United States does not have Free Healthcare within the federal republic, so finding free mental health resources is scarce. However, there are low-cost or affordable options available.

Look into Community Health Facilities or clinics that will work with your financial status!

- The National Association of Free & Charitable Clinics provides access to free & low-cost clinics that offer mental health services
- Community Mental Health Clinics
- SAMHSA (Substance Abuse and Mental Health Services Administration)
- Findtreatment.gov
- 988 for immediate emotional and mental health support from a trained crisis counselor
- Text apps and online services may also offer mental health assistance when in need .

Websites to check on therapy:

- Better help
- Grow therapy
- Cerebral
- Talkspace
- Calmerry
- OurRitual
- Onlinetherapy.com
- Pride counseling
- Faith counseling

Mental Health Apps:

**Brightside:** Offers online therapy

**Headspace:** Focuses on meditation

**Noom Mood:** Focuses on stress relief

**Mindfulness.com:** Focuses on mindfulness

**Shine:** Focuses on the Black, Indigenous, and people of color (BIPOC) community

<https://www.verywellmind.com/text-therapy-5212980>