

Here's a list of therapy resources specifically tailored for young men and women, covering various types of support and therapeutic approaches:

## Online Therapy Platforms

### BetterHelp

- Offers virtual counseling with licensed therapists for various issues including anxiety, depression, and relationship problems.
- Website: [www.betterhelp.com](http://www.betterhelp.com)

### Talkspace

- Provides online therapy with licensed professionals and offers support for mental health concerns and personal growth.
- [www.talkspace.com](http://www.talkspace.com)

### ReGain

- Specializes in relationship counseling and support for couples, including women seeking help with relationship issues.
- [www.regain.us](http://www.regain.us)

## Directories for Finding Therapists

### Psychology Today

- Allows users to search for therapists based on location, specialty, and insurance coverage.
- [www.psychologytoday.com/us/therapists](http://www.psychologytoday.com/us/therapists)

### TherapyDen

- A directory that helps find therapists who focus on specific issues like trauma, LGBTQ+ issues, and more.

- [www.therapyden.com](http://www.therapyden.com)

### **GoodTherapy**

- Provides a comprehensive directory of therapists, counselors, and support groups.

- [www.goodtherapy.org](http://www.goodtherapy.org)

## **Specialized Resources for Women**

### **Women's Therapy Institute**

- Offers resources and directories specifically for women's mental health and therapeutic support.

- [www.womenstherapyinstitute.com](http://www.womenstherapyinstitute.com)

### **National Women's Health Network**

- Provides information and resources on various aspects of women's health, including mental health and therapy options.

- [www.nwhn.org](http://www.nwhn.org)

### **Therapy for Black Girls**

- Focuses on mental health support and resources for Black women and girls, offering a directory of therapists and helpful articles.

- [www.therapyforblackgirls.com](http://www.therapyforblackgirls.com)

### **The Women's Center**

- Provides counseling, therapy, and support services specifically for women, including those dealing with trauma and abuse.

- [www.thewomenscenter.org](http://www.thewomenscenter.org)

## **Crisis and Support Hotlines**

### **National Domestic Violence Hotline**

- Offers support for women experiencing domestic violence and abuse.
- [www.thehotline.org](http://www.thehotline.org)

### **National Suicide Prevention Lifeline**

- Provides confidential support for those in crisis, including women struggling with suicidal thoughts.
- National Suicide Prevention Lifeline | [988lifeline.org](http://988lifeline.org) | Suicidal Hotline: Dial 988

### **Rape, Abuse & Incest National Network (RAINN)**

- Offers support for survivors of sexual violence, including a 24/7 hotline.
- [www.rainn.org](http://www.rainn.org) | 1-800-656-4673

## **Apps for Mental Health and Well-being**

### **Headspace**

- Provides guided meditation and mindfulness practices to support mental well-being.
- [www.headspace.com](http://www.headspace.com)

### **Calm**

- Offers meditation, sleep aids, and relaxation exercises.
- [www.calm.com](http://www.calm.com)

### **Mood fit**

- A mental health app with tools for tracking mood, setting goals, and practicing self-care.
- [www.getmoodfit.com](http://www.getmoodfit.com)

**These resources can provide support and guidance tailored to various needs and preferences, helping you find the therapy and assistance that best fit your circumstances.**

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