

# **COVID-19 MENTAL HEALTH RESOURCES**

## **7 CUPS**

[www.7cups.com](http://www.7cups.com)

7 Cups is an on-demand emotional health service and online therapy provider offering free volunteer-based counseling.

## **BLISS**

[www.cimhs.com](http://www.cimhs.com)

Bliss is a free, interactive therapy program for depression that you complete on your own. Learn how to manage your mental health.

## **CRISIS TEXTLINE**

[www.crisistextline.org](http://www.crisistextline.org)

Crisis Text Line is a free, 24/7 volunteer-based support line for people in crisis who need help.

## **THE TREVOR PROJECT**

[www.thetrevorproject.org](http://www.thetrevorproject.org)

The Trevor Project provides crisis intervention and suicide prevention to the LGBTQ+ community.

## **AA AND NA**

[www.aa.org](http://www.aa.org)

[www.virtual-na.org](http://www.virtual-na.org)

Alcoholics Anonymous and Narcotics Anonymous both offer virtual support communities.