



Mental Health Chats, Apps, & Hotlines

Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Hotlines and Chats

Colorado Crisis Services

Crisis Line: Dial 9-8-8 or 1-844-493-8255

Text Line: Text TALK to 38255

<https://coloradocrisisservices.org/>

- Offers free, confidential, 24/7 support for mental health crises. Services are available via phone, text, online chat, and at walk-in centers.

Steve Fund

<https://www.stevelfund.org/crisistextline/>

- Text **STEVE** to 741741 to contact a trained crisis counselor, 24/7.
- This crisis text line is for young people of color.

Victim Connect Resource Center

Call/Text Line: 1-855-484-2846 | Monday-Friday 9am-5pm EST.

<https://victimconnect.org/>

- Offers free, confidential help line connecting victims of crimes with supportive resources.
- Services available by phone, chat, or text Monday-Friday, 9AM-5PM.

National Sexual Assault Hotline

1-800-656-4673

<https://ohl.rainn.org/online/>

- Offers free, confidential support to survivors of sexual assault.
- Services are available via phone and online chat.

Crisis Line for Racial Equity Support

503-575-3764

<https://www.linesforlife.org/racial-equity-support-line/>

- Advocates available Monday-Friday from 9:00AM to 5:00PM PST
- For people of color by people of color, this crisis line is answered by people with real-life experience with racism.
- Offers support to those who are feeling the emotional impacts of racist violence and microaggressions, as well as the emotional impacts of immigration struggles and other cross-cultural issues.

These hotlines, websites, chat groups, and phone apps are for anyone who would like online support from peers in similar situations or mental health professionals.

These are focused on many different types of mental health conditions.

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- [Apps](#)

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National Domestic Violence Hotline

Call: 1-800-799-7233; TTY 1-800-787-3224

Text: Text “START” to 88788

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

- Offers free, confidential, 24/7 hotline providing immediate counseling and local resources that can assist with implementing a safety plan and seeking refuge.
- Services available via phone, text, or chat.

StrongHearts (Native HelpLine)

1-844-762-8483 (24/7 Hotline)

<https://strongheartshelpline.org/>

- A domestic violence and dating violence helpline for American Indians and Alaska Natives, offering culturally appropriate support.
- Advocates are available 24/7 via phone, and daily from 6:00AM to 9:00PM MST via online chat.
- Access chat by clicking on the “Chat Now” icon at the web address above.

LGBT National Help Center

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

National Hotline: 1-888-843-4564

National Youth Talk Line: 1-800-246-7743

National Senior Hotline: 1-888-234-7243

National Coming Out Support Hotline: 1-888-688-5428

- Offers free, confidential peer support, information, local resources, and more for LGBTQIA+ individuals of all ages.
- Hotline hours
 - Monday-Friday 11am-8pm Pacific and 2pm-11pm Eastern
 - Saturday 9am-2pm Pacific and Noon-5pm Eastern

The Trevor Project

Call 24/7/365: 1-866-488-7386

Text “START” to 678-678

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

- Offers free, confidential, 24/7/365 support for LGBTQIA+ youth who are grappling with urges to self-harm or thoughts of suicide. Services are available via phone or text.

DeQH LGBTQ Helpline for South Asians

Call 908-367-3374

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

- Trained South Asian LGBQ/TGNB peer support volunteers help with questions on gender, identity, coming out; family, culture, and faith; and trying to find community in your area.
- Volunteers are available by phone:
 - Thursdays and Sundays, 8am-10pm Eastern

National Association of Anorexia Nervosa and Associated Disorders (ANAD)

Call 888-375-7767

<https://anad.org/>

- Provides immediate counseling and recommendations for treatment and support to individuals struggling with eating disorders.
- Services available Monday-Friday, 9AM-9PM.

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- ANAD Helpline: 1-(888)-375-7767
 - Monday-Friday, 9am-9pm CT
- National Alliance for Eating Disorders Helpline: 1-(866)-662-1235
 - Monday-Friday, 9am-7pm ET
- Diabulimia Helpline: 1-(425)-985-3635

Disaster Distress Hotline

Call/Text: 1-800-985-5990

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

- Offers help to individuals suffering in the wake of hurricanes, floods, wildfires, droughts, and earthquakes as well as incidences of mass violence or health epidemics.
- Services available 24/7 via phone or text.
- Supports Spanish and Deaf and Hard of Hearing ASL callers

Borderline Personality Disorder Resource Center

1-888-694-2273

- Offers education, local resources for treatment and support, and immediate over-the-phone counseling for individuals affected by BPD.

Hair Pullers Anonymous Nationwide Phone Meetings

<https://sites.google.com/view/hpa>

- Provides regular phone meetings where individuals with trichotillomania can share experiences and coping mechanisms.
- Use the link above to access call times. Email trichrecovery@yahoo.com to receive conference call details.

Obsessive Compulsive Anonymous Nationwide Conference Call

<http://www.obsessivecompulsiveanonymous.org/?q=node/1>

- Offers meetings where people can share experiences and feelings which contribute to OCD behavior.
- Visit website for meeting times and additional resources related to OCD.
 - To attend phone meetings, call **1-677-770-1523** and enter passcode **601805**. To attend Zoom meetings, click on the meeting time you'd like to attend for instructions.

Online Care

Talkspace

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

- Cost: Average \$15 copay with insurance; out-of-pocket starts at \$276/month for messaging, \$396/month for video and messaging, and \$436/month for video, messaging, and workshops; FSA/HSA accepted
- Insurance coverage: Aetna, Cigna, Optum, Anthem, Caredon, Blue Cross Blue Shield, TRICARE, Regence, Medicare, and more; FSA/HSA also accepted
- Services: talk therapy, couples therapy, individual therapy, psychiatry, teen therapy, LGBTQIA+ therapy, therapy for veterans

Brightside Health

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

- Cost: \$95–\$349 per month for membership

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- Insurance coverage: Aetna, Anthem, United Healthcare, and more
- Services: therapy, medication management

Cerebral

415-403-5156

<https://cerebral.com/>

- Cost: Medication management starts at \$60/month; therapy-only plans \$295/month; combined medication and therapy \$365/month; FSA/HSA eligible; average insurance copay ~\$30/month
- Insurance coverage: Cigna, Blue Cross Blue Shield, Humana, United, Optum
- Services: medication management, individual therapy, couples therapy

Hims/Hers

<https://www.hims.com/mental-health>

<https://www.forhers.com/mental-health>

- Cost: starting at \$50 per month and goes up depending on medications
- Insurance coverage: Does not accept insurance
- Services: anxiety and depression medication, mental wellness supplements

Doctor on Demand (now Included Health)

<https://includedhealth.com/>

- Cost: Varies by insurance and plan; contact Included Health or your insurance provider for current pricing. Previously known as Doctor on Demand, the platform merged with Grand Rounds and rebranded as Included Health in 2021.
- Insurance coverage: covered by some insurance companies and Medicare Part B
- Services: therapy, psychiatry, preventive health, urgent care

MDLive

800-400-6354

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

- Cost: \$0–\$284 per visit, depending on your insurance company
- Insurance coverage: Regence, Cigna, Humana, Blue Cross Blue Shield, Independence, AvMed, and more; HSA, FSA also accepted
- Services: therapy, psychiatry, urgent care, primary care checkups, dermatology

Amwell

1-855-818-3627

<https://business.amwell.com/>

- Cost: starts at \$99 for therapy; starts at \$199 for psychiatry, plus \$95 follow-up visits
- Insurance coverage: Academic Health Plan (AHP), Aetna, Anthem, APWU, Blue Cross Blue Shield, and 40 more
- Services: therapy, psychiatry, nutrition counseling, women's health, breastfeeding support, pediatrics

LiveHealth Online

<https://livehealthonline.com/>

- Cost: varies based on professional
- Insurance coverage: yes
- Services: online therapy and psychiatry

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Nurx

<https://www.nurx.com/mental-health/>

- Cost: \$25 per month and up
- Insurance coverage: Aetna, Anthem, Blue Cross Blue Shield, Cigna, CVS Caremark, Express Scripts, OptumRx, United Health Care
- Services: therapy and medication management

Talkiatry

<https://www.talkiatry.com/home-lp>

- Cost: \$30 per visit and up
- Insurance coverage: Blue Cross Blue Shield, Optum, United Healthcare, Aetna, Cigna, Humana, Anthem, Medicare, and more
- Services offered: medication management

Healthy Place

<http://www.healthyplace.com/>

- Provides information on psychological disorders, psychiatric medications, and other mental health treatments. Also includes information on other life issues, like parenting, anger, sadness, senior resources, and more.
- Offers a social network for mental health support and tools for self-help.

Psych Central

<https://psychcentral.com/>

- Provides information on mental health issues, treatments, and current events related to mental health. Also provides basic quizzes/screening tools for mental health issues and forums and support groups.

MentalHealth.gov

<https://www.mentalhealth.gov/>

- Provides information about the signs of mental illness, how individuals can seek help, a treatment locator, and how communities can host conversations about mental health. Content is also available in Spanish.

Mental Health America

www.mhanational.org

- Provides varying resources, information on mental health conditions, and a peer support network.

Apps**MyStrength**

<https://mystrength.com/mobile>

- Provides an online and app-based platform offering interactive modules to address depression, anxiety, stress, substance use, chronic pain, and sleep challenges while also supporting the physical and spiritual aspects of health.

The Safe Place

Apple: <https://apps.apple.com/us/app/the-safe-place/id1349460763>

Google Play: https://play.google.com/store/apps/details?id=com.raddabarnen.calm&hl=en_US

- Focuses on psychoeducation and self-care for minority mental health, geared towards the Black community.

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Calm

[Calm - The #1 App for Meditation and Sleep](#)

- Provides guided meditations, sleep stories, breathing programs, stretching exercises, and relaxing music to improve sleep and lower stress and anxiety.

Stop Breathe and Think

<https://www.stopbreathethink.org.uk/>

- Provides meditation and mindfulness tools, including short, guided meditations, yoga, and acupuncture videos.

Breathe2Relax

Apple: <https://apps.apple.com/us/app/breathe2relax/id425720246>

Google Play: https://play.google.com/store/apps/details?id=mil.dha.breathe2relax&hl=en_US

- Teaches users how to do diaphragmatic breathing. Features include educational videos on the stress response, logs to record stress levels, and customizable guided breathing sessions.

ACT Coach

<https://mobile.va.gov/app/act-coach>

- Offers exercises, tools, information, and tracking logs to practice better tolerating negative thoughts.

DBT Diary Card and Skills Coach

Apple: <https://apps.apple.com/us/app/dbt-diary-card-skills-coach/id479013889>

Google Play: https://play.google.com/store/apps/details?id=co.swasth.dbtcoach&hl=en_US

- Provides a daily mood and thought diary, coaching on managing emotional situations, and a DBT reference section for more info on coping skills.

Sanvello for Stress and Anxiety

- Teaches techniques for dealing with anxiety, depression, and stress based on cognitive behavioral therapy (CBT). Includes daily mood tracking, guided classes, tools, assessments, and a community of users for peer support.

Mindshift CBT

- Provides strategies based on Cognitive Behavioral Therapy (CBT) to help users learn to relax and be mindful, develop more effective ways of thinking, and use active steps to manage anxiety.

Happify

- Provides games, activity suggestions, and gratitude prompts to help overcome negative thoughts, stress, and life's challenges.

Daylio Journal

- Enables users to keep a private mood and activity journal and track their statistics over time.

Self-help for Anxiety Management

- Offers a range of self-help methods for people who want to learn to manage their anxiety. Provides tools to monitor anxious thoughts, track behavior over time, and self-help exercises to discourage stress. Also offers an online community for added support.

Worry Watch: The Habit Tracker

- Provides a tracker to identify what triggers anxiety, note trends in feelings, observe when the outcomes were harmless, and develop insights to reduce future anxiety.

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Operation Reach Out

- Aids in suicide prevention by encouraging users to reach out for help when they are having suicidal thoughts and support those who are concerned about someone who may be suicidal. Provides a personal profile that includes emergency contact information, current medications, safety plans, and reminders for appointments or medications.

PTSD Coach

- Provides education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help manage the stresses of daily life with PTSD.

Quit It

- Provides a tracker to support smoking cessation. The app tracks cigarette users who did not smoke and how much money it saved them.

Quit Pro

- Provides trackers and information to support smoking cessation. App tracks how much money and time users save by not smoking. Also monitors health status indicators and tracks nicotine, tar, and carbon monoxide intake.

Some App and Hotline information taken from: http://greatist.com/grow/resources-when-you-can-not-afford-therapy?utm_source=facebook&utm_medium=opengraph&utm_campaign=resources-when-you-can-not-afford-therapy