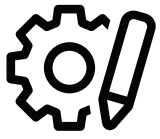


RESOURCE GUIDE



MENTAL HEALTH

Scan here for more resources!



Low-Cost Therapy

Open Path Collective

<https://openpathcollective.org>

Nationwide network of therapists providing affordable in-person and online sessions. Lifetime membership to network \$59, individual sessions between \$30-\$80. Open to individuals without health insurance.

Online Peer Support

Warmlines: <https://warmline.org/warmdir.html>

A peer-run listening line for people in mental health recovery. Organized by state, hours vary.

7 Cups of Tea: <https://www.7cups.com>

Anonymous volunteer listeners available 24/7. Also offers online advice forums and paid therapy.

NYC Support Groups

NAMI-NYC: Online & In-Person Groups for NYC Residents (click links below)

[Peer-to-Peer Class for Adults with Mental Illness](#)

[LGBTQ+ Support Group](#)

[Families and Friends with Mental Illnesses.](#)

[Pet Therapy](#)

[Familiaries y Amistades en español](#)

[Click here for a full listing of groups](#)

Crisis Hotlines

National: Call **988** for 24/7 crisis counseling, available to anyone (988 Hotline does not link directly to the police.)

New York City: Call **(888) NYC-WELL** or text "**WELL**" to **65173**