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Perfect - November 21, 2024, 1:39 pm

Free Mental Health Resources You Should Know About

Mental health is something we all need to prioritize, especially with the coming holidays, but finding support can sometimes feel overwhelming especially when resources are limited. That's why I wanted to share some free mental health resources you might not have heard of before. Whether you're looking for someone to talk to, guided exercises, or self-help tools, there's something here for everyone.

TalkCampus

TalkCampus is a peer support app where you can connect with people around the world who understand what you're going through. It's anonymous, moderated, and completely free to use. Sometimes, just sharing with someone who gets it can make all the difference.

Website/App: Available on iOS and Android

MoodGYM

MoodGYM is an online cognitive behavioral therapy (CBT) program designed to help with anxiety and depression. It's self-paced, interactive, and free. You can learn strategies to understand and manage negative thought patterns in your own time.

Website: moodgym.com.au

Daily Strength

Daily Strength is an online community with groups dedicated to various mental health topics, from anxiety to PTSD to grief. It's a safe place to share experiences, get advice, and find encouragement from others who've been there.

Website: dailystrength.org

SAM (Self-help for Anxiety Management)

SAM is a mobile app that provides tools and exercises for managing anxiety. It includes breathing techniques, self-assessments, and a "Social Cloud" feature to connect anonymously with others.

Website/App: Available on iOS and Android

Project Healthy Minds

This platform offers an extensive database of free and low-cost mental health resources, including directories for therapy, crisis services, and educational content. It's a great starting point if you're unsure where to turn.

Website: projecthealthyminds.com

Black Dog Institute

An Australian-based organization offering free tools, resources, and self-assessment quizzes for mental health. Their digital tools are globally accessible and focus on managing mood disorders and building resilience.

Website: blackdoginstitute.org.au

Big White Wall (now Togetherall)

Togetherall is an anonymous online community where you can express yourself freely and get support from trained moderators and peers. They also provide tools like self-help courses and guided exercises.

Website: togetherall.com

MyStrength

MyStrength is a free mental health app offering personalized programs for stress, anxiety, and depression. It includes exercises, guided meditations, and inspirational content to help you cope day by day.

Website/App: Available on iOS and Android

Open Path Collective

If you're looking for affordable therapy, Open Path connects you with counselors who provide low-cost sessions for individuals, couples, and families. While there's a small membership fee, the therapy itself is highly discounted.

Website: openpathcollective.org

Crisis Text Line

This is a 24/7 text-based support service for anyone in crisis. Text trained counselors anonymously and get immediate support for whatever you're going through.

Text "HELLO" to 741741 (U.S.)

Available in other countries like Canada and the U.K.

And of course U.S based 988 for suicide hotline. Option 1 for vets..

If you have other recommendations or resources drop them below!

Tag a friend let them know they are not alone on here.

You're Not Alone

Everyone struggles at some point, but the key is to reach out and take that first step toward support. Whether you're seeking professional help or just looking for someone to talk to, there's something here for you.

Take care of yourself, you're worth it.
Perfect

[Video: <https://youtu.be/nCrjevx3-Js?feature=shared>]

DashPHP - November 21, 2024, 3:06 pm

Good share. Thank you Perfect.

RangoWorld - November 22, 2024, 2:37 am

Thanks for posting this.

I would add 7Cups as well. I have had good time there talking to people who supported me in dark times.

Perfect - November 23, 2024, 7:15 am

(Nov 21, 2024 04:06 PM)DashPHP Wrote: [\[CITE\]](#) Good share. Thank you Perfect.
If anything I can't say I haven't tried ! :)