



MENTAL HEALTH RESOURCES

Your Mental Health is EQUALLY important as your Physical Health!

WHERE TO BEGIN...

Verywellmind.com

Mental Health A-Z, Self-Improvement, Psychology,
Mental Health News

Therapistaid.com

Therapy worksheets, Audio, Activities, and more...

Goodtherapy.org

Find a Therapist Near You

Helpguide.org

Addiction, ADHD, Anxiety, Bipolar Disorder,
Depression, Eating Disorders
Grief & Loss, Personality Disorders, PTSD & Trauma,
Schizophrenia, Stress,
Suicide Prevention

Betterhelp.com/start/

For on-line Teen Therapy

ESSENTIALSPEAKERS.COM