

TelaHealth Resource

FYI

TalkSpace (www.talkspace.com) credentialed professionals treat a variety of issues, including couples & teens, subscription rates and plans are available, with EAP and insurance coverage.

BetterHelp (www.betterhelp.com) credentialed professionals are matched to your individual needs, within individual, couples and family counseling, utilizing video conferencing, chatting live, etc., costs range from \$40 - \$70 per week, with financial assistance available.

Online-Therapy.com CBT-based services covering multiple BH disorders and diagnoses, with prices ranging from \$32-\$64 per week. They don't accept insurance.

Amwell.com covers both physical and psychological health, visits available 24/7, credentialed and licensed medical and BH staff, insurance coverage, with the cost of a psychologist or counselor varying from \$99-\$110.

MDLive.com a comprehensive telemedicine platform with a division specially for psychiatry services, offering both counseling and prescription services. Services are offered via video, phone or app, as well as insurance coverage.

7 Cups (www.7cups.com) affordable online therapy, free 24/7 emotional support & chat rooms. Subscription options. Generally, services are not covered by insurance.

Teen Counseling (www.teencounseling.com) an online platform for teens aged 13-19, with live chats, phone calls, video conferencing & messaging with a "private" counseling room with a licensed therapist. Parent do not have access to this room, although therapists must report dangers. Costs range from \$40-\$70 per week.

Pride Counseling (www.pridecounseling.com) LGBTQ+ centered counseling, costs range from \$40-\$70 per week. Services usually not covered by insurance.

Doctor on Demand (www.doctorondemand.com) services offered with or without a subscription plan, within both medical or behavioral health, sessions run from \$129-\$179 for psychology consultation and accepts insurance.