

**Counseling Center**  
**Resources for Virtual Support**

**TeleMental Health Providers**

<https://www.ihopenetwork.com>

Virtual Cognitive-Behavioral Therapy billed through individual insurance provider

<https://wellconnection.com/landing.htm>

BCBS of Massachusetts teletherapy

<https://www.endeavors.org/programs/onlinetherapy/>

Virtual therapy for Veterans in Texas

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

Teletherapy by subscription

<https://www.virtualcounselor.com/copy-of-welcome>

Telemental health for college students located in PA, HI, TX, FL, NJ, NY, CA \*We are adding additional states\* Reduced Rates Available

**Referral Resources**

NAMI Compass:



**Counseling Center**  
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**Recovery Support Online**

<https://www.weconnectrecovery.com/free-online-support-meetings>

Free online recovery meetings

<https://www.intherooms.com/home/>

Free online recovery meetings

**Virtual Self Care**

<https://www.traumasensitiveyoga.com/online-tctsy.html>

Free online trauma sensitive yoga classes

<https://www.headspace.com/covid-19>

Free Headspace meditations

<https://www.youtube.com/playlist?list=PLVILbxLe1Eo51f-BqC3u48AyikKun3mcT>

Dialectical Behavioral Therapy Crisis Survival Skills video playlist

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

Sanvello (formerly Pacifica) is offering FREE Premium access to on-demand help for stress, anxiety, and depression.