



Mental Health

THERAPY/COUNSELING

The Emotional PPE Project

CONNECTS HEALTHCARE WORKERS WITH LICENSED MENTAL HEALTH PROFESSIONALS WHO CAN HELP FREE OF ANY COST. DIFFERENT METHODS OF THERAPY, VARIES BY PROVIDER.

Better Help

CURRENTLY OFFERING 1 MONTH OF FREE THERAPY FOR HEALTHCARE WORKERS. YOU CAN CALL, TEXT, OR HAVE A VIDEO CALL WITH A LICENSED COUNSELOR/THERAPIST. THEY ALSO HAVE CONTINUOUS DISCOUNTS FOR THOSE THAT ARE UNEMPLOYED.

The Battle Within

FOUNDED BY VETERANS, FIRST RESPONDERS, AND SUPPORTERS. PROVIDES UP TO SIX FREE THERAPY SESSIONS WITH A MATCHED PROVIDER.

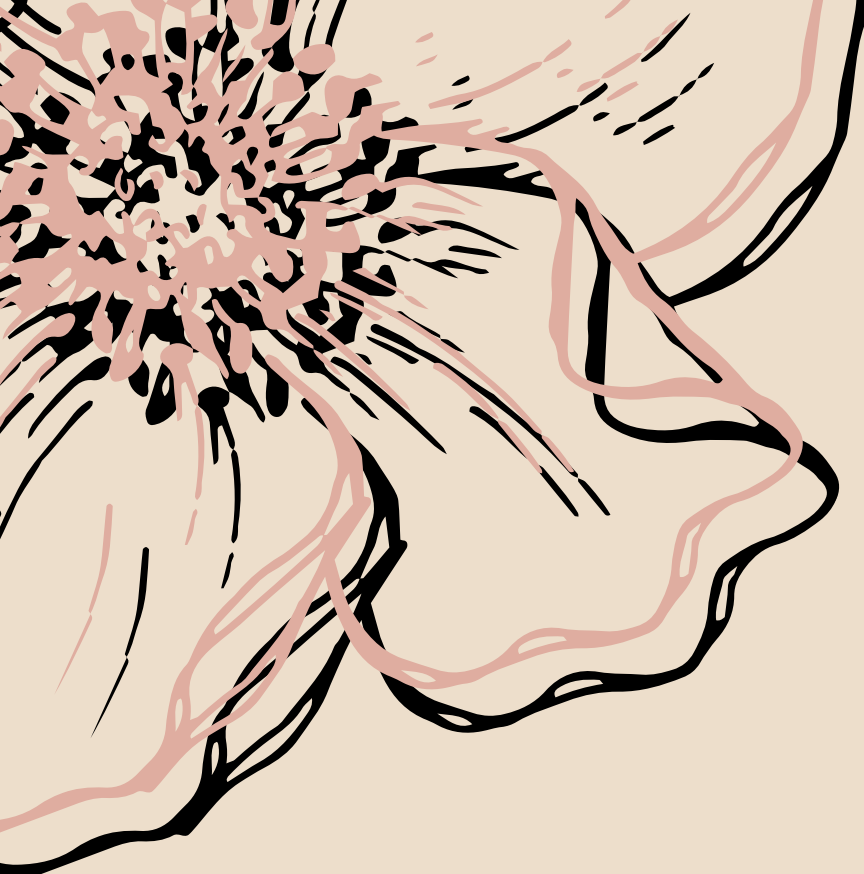
Therapy Aid Coalition

PROVIDES PRO-BONO AND LOW FEE THERAPY FOR FRONTLINE HEALTH CARE PROFESSIONALS, INCLUDING INDIVIDUAL AND GROUP SUPPORT.

911 At Ease International

FREE COUNSELING AND THERAPY FOR FIRST RESPONDERS AND THEIR FAMILIES.





Mental Health

PEER TO PEER SUPPORT

Debriefing the Frontlines

COMPLIMENTARY DEBRIEFING SESSIONS, "DEBRIEFING OFFERS CLARITY SURROUNDING CRITICAL INCIDENTS AND ASSISTS IN ESTABLISHING A PROCESS FOR HEALING AND RECOVERY."

Physician Support Line

PSYCHIATRISTS HELPING US PHYSICIAN COLLEAGUES AND MEDICAL STUDENTS. FREE. NO APPOINTMENT NEEDED.
7 DAYS A WEEK, 0800-1300 EST.
1 (888) 409-0141

PeerRxMed

"FREE, PEER-TO-PEER PROGRAM FOR PHYSICIANS AND OTHERS WORKING IN HEALTH CARE DESIGNED TO PROVIDE SUPPORT, CONNECTION, ENCOURAGEMENT, RESOURCES, AND SKILL-BUILDING"

Nurse Groups

FREE VIRTUAL WEEKLY GROUP MEETINGS

The Academy.

ONLINE SUPPORT GROUPS

