

## RESOURCES

***If you are feeling unsafe or like you might hurt yourself, call the National Suicide Prevention Lifeline at 1-800-273-8255. It is totally confidential, and staffed 24/7 by people who care. Please reach out. The world needs your super self.***

### Mental Health Apps

- **Talkspace.** Based on a free consultation, you are matched up with a licensed therapist for remote sessions. There are all kinds of options in terms of the level of service you want to pay for, but the therapy is about 80% cheaper than it would be IRL. It is also a great choice if you don't quite feel ready for in-person therapy.
- **Happify.** Using techniques from mindfulness and positive psychology, this app helps you fight negative thinking and build happiness and resilience, giving you a happiness "score" you can work to improve over time with games and activities. (86% of users report feeling better after two months!)
- **Headspace and Calm** are the go-to apps for meditation, offering hundreds of meditation and mindfulness sessions as well as relaxation and breathing exercises, and soothing sounds like rain and whatnot.
- **Daily DBT Diary and Mindfulness Daily** are great staples for daily journaling, gratitude, and mindfulness practices.
- **Anxiety and Depression Association of America App List.** New mental health apps are coming out all the time—there will probably be a dozen more by the time this book is printed. A good resource is the app directory maintained by the Anxiety and Depression Association of America..

## Online Forums and Resources

- **[National Alliance on Mental Illness](#)**. A national mental illness advocacy organization, NAMI offers education, support, and even has their own crisis app. Their site has articles, advice, support resources, and personal accounts from people sharing their own stories of battling mental illness, as well as online discussion boards.
- **[National Institute of Mental Health](#)**. In depth information on mental health topics, including all the latest news and research (you know how I love me a good study), updates on insurance coverage, and resources.
- Sometimes it's easier to open up to people you can't see, and there are support groups and forums online for just about everything, from panic disorder to trichotillomania (obsessive hair pulling) to infertility. The forums at PsychCentral ([psychcentralforums.com](http://psychcentralforums.com)) are a great place to start, with boards for any issue you can think of, as well as for specific discussion about meds, therapies, and so on. And Google is your friend—do a search for “forum” or “support” and whatever you're struggling with, and I guarantee you'll find a group of other people in the same spot.

## Finding a Therapist

- **[GoodTherapy.org](#) and [PsychologyToday.com](#)** have comprehensive directories of mental health professionals in your area, wherever you are. The directories can be filtered and sorted in a dozen ways, and include therapist bios, the type of treatment they provide, the issues they specialize in, as well as information about the kinds of insurance accepted, credentials, and fees.
- **Employee Assistance Programs**. If you work for a big company—or even a small one—chances are you can get free help through your employer. Employee assistance programs (EAPs) usually offer a number you can call to get help with anything from mental health issues to financial or legal problems, and they can often connect you to other resources, like in-person counselors. Check with your HR department if you have one or look at your benefits info. The best part? EAPs

are usually administered by a third party and are always completely confidential—your boss won't know anything about it unless you tell her yourself.

- Only psychiatrists or certain nurse practitioners can prescribe medication, but if you're looking for therapy, you have lots of options, from psychologists to family therapists to licensed clinical social workers (LICSWs). You may not think of social workers when you think of therapists, but LICSWs are highly trained and their national average rate is \$136 an hour, whereas a psychologist's is \$163.
- Just as I advocate negotiating your salary and bills, you can and should negotiate your mental health care. Many providers offer sliding scales based on your income. So, let's say it's \$100/session, and you earn \$50,000 or less; you may be eligible for a 25% discount (or more). Some insurance companies also allow you to pay your appointment co-pays with the pre-tax income from a Flexible Spending Account (FSA). Ask upfront—and just because there isn't a discount system in place yet doesn't mean there can't be.

## **IRL Communities**

- As with online support forums, in person support groups are out there in droves, for everything from loss to addiction to stress management. Check out the bulletin boards at your gym, library, church, or community center, or look online at your local neighborhood site (like Nextdoor) or in your neighborhood newspaper.
- If you are dealing with addiction or the effects of a loved one who has struggled with addiction, there are Alcoholics Anonymous, Al-Anon, and Adult Children of Alcoholics groups everywhere. (Adult Children of Alcoholics groups often teach DBT-related strategies and are useful for those with trauma—ask me how I know.)
- Hospitals and clinics often offer situation-specific groups for those dealing with certain kinds of losses, for new moms, and so on, but most also have more general offerings as well. If you already see a therapist, their practice may have group therapy sessions covering specific issues or strategies.

- NAMI, mentioned earlier, offers in-person support groups and classes that you can find via their website, and many of the others online resources listed also have sections pointing you in the direction of local groups.

## DIY and Destination Retreats and Classes

- When it comes to relieving stress, a yoga class is always an easy choice, but you might also consider looking for a local meditation center. Another great option is a class on “Mindfulness Based Stress Reduction,” a course that has a ton of research backing it up and is often found at local wellness centers.
- Try [Coursehorse.com](https://www.coursehorse.com) to find local classes that let you be meditative without meditating or just spent some quality time with yourself doing something new—they have everything, from pottery to comedy workshops.
- Whether you’re looking to get away or stay in town, [Airbnb Experiences](https://www.airbnb.com/experiences) is a great resource for all kinds of, well, experiences, from classes to retreats to tours. Whether you want to learn to surf, see a new place through the eyes of a local, or cuddle a bunch of kittens (seriously) there is something for everyone.
- And of course, if you’re looking for an experience or community away from home, be sure to download my free e-book: ***The Super Woman Guide to Trips, Treatments, and Therapies for Balance on a Budget***, available now at [nicolelapin.com](https://nicolelapin.com). It brings together all of the exclusive knowledge and tricks that I learned from classes, experts, and healers all over the world—no wallet or passport required.