



accessible
therapy & resources



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accessible therapy

These are some options for finding and accessing therapy if it feels unattainable for you right now. I want to be sure to provide support for this community in every way.

Check out your Employee Assistance Program if you have an employer- often employers do offer a few free sessions for their employees through their EAP.

Open Path- this is an online resource that helps connect you with therapists at an affordable cost. There is a one-time fee to use the platform, but then you are able to access therapists at the accessible rates forever!

<https://openpathcollective.org/>

Ask local therapists if they offer a sliding scale- many professionals are willing to work with you and/or offer as sliding scale!

Consider online therapy- there are a number of online platforms that allow you to pay a flat fee for the month vs paying for each session.

<https://www.thegoodtrade.com/features/online-therapy>

If you need help finding access to therapy, please reach out to me and I will help you find a fit that feels safe and attainable for your season of life.

resources

National Suicide Prevention Hotline:
800-273-8255

SAMSA National Helpline:
1-800-662-HELP (4357)

This can also be used to help find treatment centers near you.

Anxiety and Depression Association of America:
240-485-1001

Depression and Bipolar Support Alliance
800-826-3632

helpwhenyouneedit.org - database of social and mental health
services

National Domestic Violence Hotline:
800-799-7233

This resource guide from NAMI is a great place to search for
mental health resources but also legal, financial, and community
resources.

[https://www.nami.org/Support-Education/NAMI-
HelpLine/Top-HelpLine-Resources](https://www.nami.org/Support-Education/NAMI-HelpLine/Top-HelpLine-Resources)