

Name of Organization	Services	Address	Phone #	Website
Anxiety and Depression Association of America (ADAA)	Online resources for anxiety, depression, OCD, PTSD, etc.	Online Services	N/A	https://adaa.org/living-with-anxiety/ask-and-learn/resources
Turn2Me	We are a community of fully qualified and accredited mental health professionals working online to provide a high quality, safe, anonymous and confidential space for you to gain support - wherever you are, whenever you need us, for whatever you are going through.	Online Services	N/A	https://turn2me.ie/
7 Cups	Get support from an online therapist, Chat online with caring listeners and meet people who understand. You can find support and friendship in chat rooms and forums for many issues, like depression, anxiety, relationships, LGBTQ+ and more.	Online Services	N/A	https://www.7cups.com/
The Tribe	Peer-to-peer support group for those coping with fear and stress associated with various anxiety disorders.	Online Services	N/A	https://support.therapytribe.com/anxiety-support-group/
Daily Strength	Most active Anxiety forum where the community and those affected by anxiety can come together	Online Services	N/A	https://www.dailystrength.org/group/anxiety
The Jed Foundation	Youth, teen, school, and college students mental health and suicide prevention resource	Online Services	N/A	https://www.jedfoundation.org/
National Council on Aging- Behavioral Health	Promotes programs to aid seniors cope with mental health issues such as anxiety, stress, depression, addiction, etc.	Online Services	N/A	https://www.ncoa.org/center-for-healthy-aging/behavioral-health/
Disaster Distress Helpline	The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.	Online Services	(800) 985-5990	N/A
Mental Health Resources	MHR is committed to continuing to provide support and services to people experiencing mental health and substance use concerns during this time. With the spread of COVID-19, MHR has made temporary changes to the way services are delivered to protect the health of people receiving services and the MHR staff.	Online Services	(651) 659-2900	http://www.mhresources.org/
U.S. Department of Veterans Affairs	As a Veteran, you might experience difficult life events or challenges after leaving the military. We're here to help no matter how big or small the problem may be. VA has resources to address the unique stressors and experiences that Veterans may face	Online Services	(877) 424-3838	https://www.mentalhealth.va.gov/MENTALHEALTH/get-help/index.asp
ADAA	ADAA's anonymous peer-to-peer online anxiety and depression support group is a friendly, safe and supportive place for individuals and their families to share information and experiences. As a member you can connect with other people experiencing anxiety and depression and related disorders, contribute to ongoing conversations or start your own conversation with a question or a post about your journey.	Online Services	N/A	https://adaa.org/adaa-online-support-group
Depression and Bipolar Support Alliance	DBSA) provides online and in-person, peer-led support groups for people living with depression and bipolar disorder. DBSA support groups serve peers, young adults, and friends and family members	Online Services	(800) 826-3632	https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/

National Alliance on Mental Illness (NAMI)-LGBTQ+	NAMI LGBTQ+ Resource Page contains articles, videos, and research to support mental health	Online Services	N/A	https://www.nami.org/Find-Support/LGBTQ
MindWise- Military and Family Screenings	Offers anonymous mental health and substance abuse assessments for military members and their families	Online Services	N/A	g.org/Military_NDSD
Psychiatric Emergency Services	Contact this crisis hotline anytime if you have an immediate, life threatening emergency	1965 Live Oak Boulevard Yuba City, CA 9599	(530) 673-8255	https://www.suttercounty.org/doc/emergencies_mental_health
Turning Point	Counseling; Case Management; Psychiatry	Telehealth	(916) 786-3750	tpcp.org/programs/coloma-center/
Uplift	Counseling; Psychiatry; Food Shelter	Telehealth	(916) 921-0828	upliftfs.org
Insights Counseling	Counseling	Telehealth	(916) 751-1534	insightsinfo@insightscounselinggroup.org
Kaiser	Counseling; Psychiatry	Telephone; online	(916) 973-5300	thrive.kaiserpermanente.org
Keaton's Child Cancer Alliance	Mental Health; Food; Primary Care	Remote	(916) 784-6786	childcancer.org