

HOW TO FIND A THERAPIST

Looking for counseling services or support? Here are some options!

DO YOU WORK FOR ARAMARK?

Aramark Employees can receive 5 FREE counseling session over the phone or in person.

Call: 888-636-6717
Or Log-in to www.mycigna.com
Employer ID: Aramark

DO YOU WORK FOR THE NATIONAL PARK SERVICE?

All NPS employees are able to receive 6 FREE sessions of counseling. The employee assistance program for counseling is called ESPYR. These can be on the phone or in-person.

Call the direct intake line 24 hours a day to sign up.

1-800- 869-0276 ESPYR intake line

VIRTUAL OR IN-PERSON OPTIONS

Psychologytoday.com - The biggest and most comprehensive database of therapists and their profiles! Just type in your zip code.

Virtual ONLY

BetterHelp.com "Anytime. Anywhere."
Try.Talkspace.com --Talkspace

DO YOU HAVE INSURANCE?

Turn over the back of your insurance card and find the member service number. You can call and speak with someone who will provide you a list of therapists in your area that take your insurance.

APPS TO HELP WITH MENTAL HEALTH

MINDFULNESS IS PROVEN TO HELP IMPROVE MENTAL HEALTH!

Calm
Headspace
Insight
Expectful

CRISIS/NON-CRISIS HOTLINES

Local: 24 hour Mariposa Crisis Line
1-209-966-7000

California Suciide Prevention Hotline:
1-888-506-5991

Crisis Text Line: Text 741741 (from anywhere in the USA to text with a trained crisis counselor)

Warm- Line (non-crisis), San Francisco
Free non-crisis support and Referrals
855-845-7415

Veterans Crisis Line: 800-273-8255 PRESS 1 (or

A word from your local therapist:

"Sometimes it can be scary or intimidating to first reach out to a professional. This is for a lot of good reasons. Maybe it makes it all feel more real, sometimes it might feel weird or awkward to think about speaking to a "stranger" about your personal stuff. This is understandable. Just remember, therapists are humans too. They are trained to listen, support, and utilize your strengths to help you live the life you want. It can be worth being courageous.

And not every therapist will be the right fit for you; you have permission to "shop around" until you find someone you feel comfortable with. "

-Jenni Buczko, LPCC, MA