

Mental Health Resource Document for Graduate Students

Mental Health Provider Resources List

Name	Info
Therapy4ThePeople	Created by graduate students at other institutions to aid students in finding affordable therapy options
ABCT Find a Therapist	ABCT's resource to find a CBT therapist
ADAA Find a Therapist	ADAA's resource to find a therapist
ADAA Telehealth	ADAA's resource specifically focused on finding a therapist who does telehealth
SAMSHA	Resource for finding substance use treatment
APA Division 12	Division 12's resource to find a therapist
Psychology Today	Psychology today's resource to find a therapist, can filter by a range of options
Good Therapy	Broad resource to search for therapists by area and different filters
Behavioral Tech	Resource to find DBT therapist/ programs
Association for Contextual Behavioral Science	Resource to find an ACT therapist
BLM Pro-Bono Providers	Providers currently offering services at a low-cost or pro-bono for BIPOC of the BLM Movement

Self-Care Resources

Name	Info
Headspace	Mindfulness/ meditation app. Free for Los Angeles residents and New York residents / health care workers
APA Division 12	Information on evidence-based treatments, can search by treatment type or disorder, includes links to research studies and treatment manuals
ABCT app review	Resource that reviews available CBT apps
PsyberGuide	List of reviewed mental health apps

ABCT self-help books	ABCT's recommended self-help books
ADAA Find Help	Information on treatments, mental health self-screening, list of mental health apps, support groups, and list of ways to find help for various groups
NIMH	Information on getting help, including crisis numbers and guidelines for selecting a provider
UCLA Mindfulness Awareness Research Center	Free mindfulness/ meditation resources
ACT podcast	Podcast focused on learning about ACT and resources
ACT toolkit	Info on different ACT skills and how to use them
DBT podcast	Podcast focused on learning about DBT and resources
APA article	Article about the need for mental health resources for graduate students / trainees