

## Online Resources

### Online Counseling

- Talk Space: <https://www.talkspace.com/>
- Better Help: <https://www.betterhelp.com/>
- Ginger IO: <https://www.ginger.io/>
- Many local and in-person counseling offices are also offering phone and zoom services:

**\*See Mental Health Resource list for additional options\***

### For Immediate Help Contact

- Safe Voice:
  - SafevoiceNV.org
  - Phone: (833) 216-7233
- National Suicide Prevention Lifeline: (800) 273-8255
  - Lifeline Crisis Chat: <https://suicidepreventionlifeline.org/chat/>
- National Domestic Violence Hotline
  - (800) 996-6228
- Family Violence Helpline
  - (800) 784-2433
- The Childhelp National Child Abuse Hotline
  - (877) 565-8860

**\*If there is an emergency and you or someone is in immediate danger call 911\***