

Appendix A.

Telemental health resources showcased in survey:

Anonymous Chat with Trained Non-professionals

- 7 Cups of Tea (www.7cups.com)
- Crisis Text Line (www.crisistextline.org)
- Lifeline Crisis Chat (www.crisischat.org)

Online Therapist Resources (provided by licensed mental health professionals)

- Talkspace (www.talkspace.com)
- BetterHelp (www.betterhelp.com)

Self-help Resources

- Pacifica (www.thinkpacifica.com)
- Now Matters Now (www.nowmattersnow.org)