

MENTAL HEALTH RESOURCES

Transitioning to college can be a really stressful time for students. We researched the best (and cheapest) mental health resources for New York City students to make you aware of everything available to you!

You can find more information about mental health on our website at:

freedomandcitizenship.columbia.edu/mental-health-2019

by Ayana Roman



1 IN YOUR SCHOOL

Wadleigh Secondary School offers therapy to families that need it for free. They have sessions in school with a professional therapist, should you choose to take it you can sign up or call for private sessions. Your high school should offer the same.

Find out more information about mental health resources in New York City public schools through the department of education at:

<https://www.schools.nyc.gov/school-life/health-and-wellness/mental-health>

2 IN THE CITY

Cornell University has a list of therapy sites that are especially for low-income New York City residents.

You can visit their list at:
humanrights.weill.cornell.edu/resources/mental-health-resources-nyc

There you can find therapy with:

sliding scale pricing from as low as \$5 per session

therapy sites in all five boroughs

English, Spanish, and a variety of other languages available upon request

ONLINE

3 WOEBOT

Woebot is a Cognitive Behavioral Therapy (CBT) app that lets users interact with a trained chatbot who can provide resources and tools for dealing with your mental health. It's free to use.

4 HEADSPACE

Meditation app to help reduce stress by teaching you how to meditate. It also explains the purpose of meditation. \$9.99 per year for students.

5 MOODPATH

Moodpath is a daily assessment of questions to help get an understanding of what your mental health issues are and help you understand how to deal with them.

6 TALKSPACE FOR TEENS

Text chat with licensed counselors for \$49 per week.

7 CUPS

A website and app specifically for students who are suffering through depression, anxiety, and trouble with school. It has a bunch of resources you can reach out to as a student in high school. 24/7 online chat rooms for students for free. They give you the option for a free listener or therapist.

8 INSIGHT TIMER

A free timed meditation app.