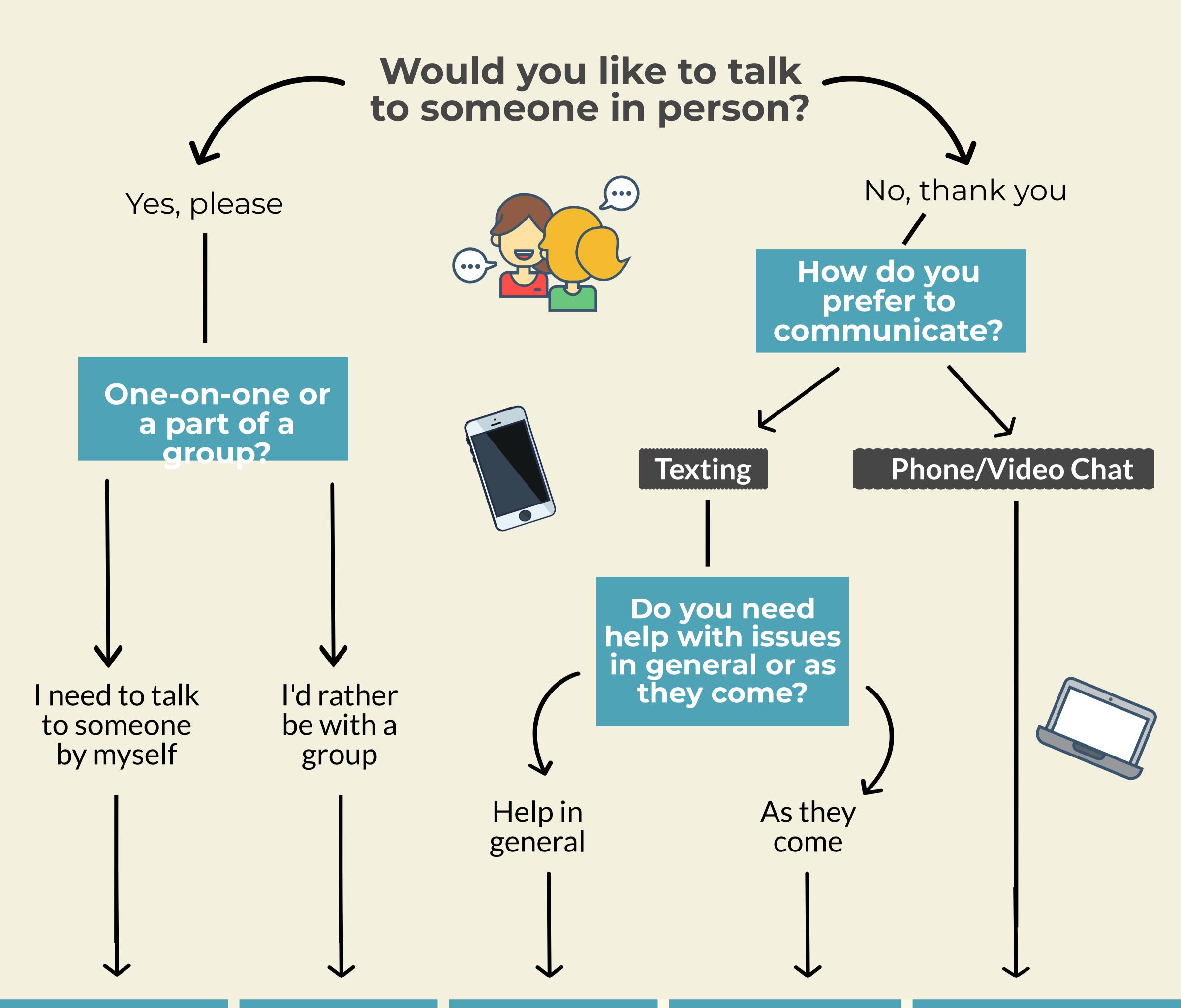
Therapy Option Guide

ADAA offers this introduction to the various types of available therapy: one-on-one counseling, group, or online.



ONE-ON-ONE

The most common method is an inperson visit with your therapist. Fees vary for this option.

GROUP

Support groups offer a space where individuals can share effective in making their stories and experiences to help reduce isolation and loneliness.

MOBILE APPS

Mental health apps can be therapy more accessible, efficient, and portable.

Texting therapy allows you to text a licensed professional 24/7. It can be an effective and convenient option.

TEXTING SERVICE

TELEMENTAL HEALTH

A therapist provides counseling and support over the internet, email, phone, video, or online chat.



COPING SKILLS

While mental health apps are not an alternative for professional therapy, they can help with daily stress and anxiety.

MINDFULNESS

These apps can help you combat anxiety, sleep better, and overall improve your focus through meditation and other exercises.



If you are in crisis, call the Suicide Prevention Lifeline:

1-800-273-TALK (8255)



Or text the Crisis Text Line at

741-741

*This infographic is meant as a basic introduction to the various forms of mental health therapy options. Please consult a trained professional to determine what therapeutic route would be best for you.

Learn more about the different types of therapy at: www.adaa.org

