

## Online Mental Health Supports

### Information:

- Taking care of your mental health while social distancing:  
<https://go.thenationalcouncil.org/JJ3RMo0e6F0bRdv0fU00030>
- How do you know if someone is experiencing depression?  
<https://go.thenationalcouncil.org/P000b0fMRJ0Uf30d0vSF6o3>
- How to help someone with anxiety or depression during Covid-19:  
<https://go.thenationalcouncil.org/O0d0U3oF0300bMRg0T0f6vJ>
- How to support a loved one struggling with Covid-19:  
<https://go.thenationalcouncil.org/G6J0Fd30vU3hM0fR0000Ubo>

### Support Groups and Online Resources for Anxiety and Depression:

- ADDA: <https://adaa.org/adaa-online-support-group>
- Turn2me: <https://www.turn2me.ie/group-supports>
- 7 Cups of Tea: <https://www.7cups.com/>
- Mental Health America:  
<https://www.inspire.com/groups/mental-health-america/topic/anxiety-and-phobias/?origin=tfr>

### Other Online Support Groups:

- Online AA and Substance Abuse Groups:  
<https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>
- The Tribe - Addiction Support Group:  
<https://support.therapytribe.com/addiction-support-group/>
- National Helpline: <https://www.samhsa.gov/find-help/national-helpline>
- National Parent Helpline: <https://www.nationalparenthelpline.org/find-support>