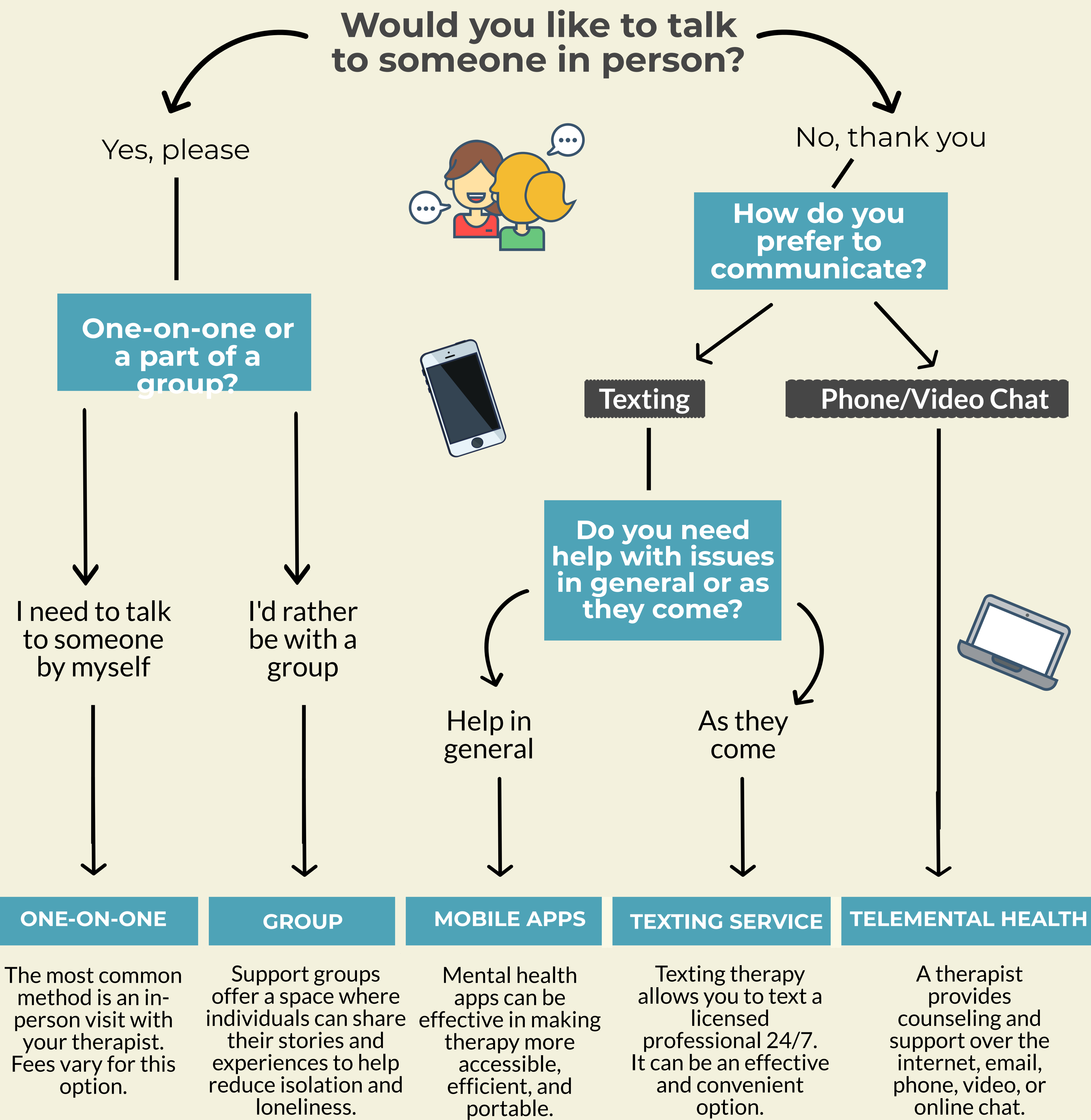


Therapy Option Guide

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



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



Anxiety & Depression Association of America
Triumphing Through Science, Treatment, and Education