

# Mental Health Resources

Did you know that up to 80% of people will experience a diagnosable mental health condition over the course of their lifetime? Mental health includes emotional, psychological, and social well-being. It impacts how you think, act, and feel. Mental health is so important today and it is something we want to ensure we are discussing and addressing both in the workplace and at home. By receiving proper mental health care, your productivity increases, stress decreases, and you are able to promote positive mental health among your peers.

Innovative is determined to make sure employees have access to tools and resources to encourage positive mental health.

**Below you will find some free or low-cost resources that could be beneficial to you or someone in your life.**

Name	Member cost	Description	Website
<b>988</b>	N/A	988 is a 3-digit dialing code for mental health crisis and suicide prevention. The line will operate 24 hours per day, 7 days per week for calls, text, and chat.	N/A
<b>Anxiety Social Net</b>	N/A	"Connect with people dealing with any type of anxiety."	<a href="https://adaa.org/find-help/find-support/support-groups/anxiety-social-net-online-support">https://adaa.org/find-help/find-support/support-groups/anxiety-social-net-online-support</a>
<b>After Silence</b>	N/A	Sexual assault survivors	<a href="https://www.aftersilence.org">https://www.aftersilence.org</a>
<b>Daily Strength</b>	N/A	Self-injury	<a href="https://www.dailystrength.org">https://www.dailystrength.org</a>
<b>International OCD Foundation</b>	N/A	OCD	<a href="https://www.iocdf.org/">https://www.iocdf.org/</a>
<b>Vet Center</b>	N/A	Veteran, PTSD	<a href="https://www.vetcenter.va.gov">https://www.vetcenter.va.gov</a>
<b>Headspace</b>	Free trial available, \$13 per month, or \$42-\$70 annually	Meditation, Self-care	<a href="https://www.headspace.com">https://www.headspace.com</a>
<b>BetterHelp</b>	\$60-\$90 per week, billed every 4 weeks, cancel at anytime	Talk with a licensed, professional therapist online, Any topic: depression, stress, anxiety, anger, relationships, grief, self-esteem, eating disorder, personality disorder, etc.	<a href="https://www.betterhelp.com">https://www.betterhelp.com</a>
<b>Valera Health</b>	Treatment starts at \$59 per session	Valera Health offers therapy and psychiatry services to NJ residents. First consultation with a health coach who will match you with a provider. Most patients are seen by their matched therapist or psychiatrist within one week.	<a href="https://www.valerahealth.com/how-it-works/">https://www.valerahealth.com/how-it-works/</a>
<b>Talkspace</b>	Treatment starts at \$65 per session	Talkspace connects you with a licensed mental health professional so you can receive therapy directly from your digital device. You get unlimited monthly messaging with your assigned therapist. You can send text, video, or audio messages.	<a href="https://www.talkspace.com/online-therapy">https://www.talkspace.com/online-therapy</a>
<b>MoodFit</b>	N/A	Moodfit is an app that provides you with insight to "shape" your mood. Whether you're looking to better understand your feelings, or you're experiencing anxiety, depression, or high levels of stress, Moodfit can help you feel better. You answer a questionnaire to determine the severity of your symptoms and then you are provided with articles and videos as support.	<a href="https://www.getmoodfit.com/">https://www.getmoodfit.com/</a>
<b>MoodMission</b>	\$5	MoodMission provides you with activities based on your current mood. This can be breathing exercises, learning new activity like how to knit, push-up, or learning how to reframe negative thoughts.	<a href="https://moodmission.com/">https://moodmission.com/</a>