

Mental Health Resource Guide for High School Students

High School Resources

- Many schools have connections to free or subsidized counseling, either in school or with community partnerships. Contact your school's guidance counselor to learn more about mental health resources available to you.

Jamati Resources

akhb.theismailusa.org/mental-health-fitness

access

- By calling ACCESS or submitting a service request form and asking to speak with an SSN professional, you can receive crisis management, culturally sensitive support, case management, mental health consultation, and help in locating mental health resources. SSN prioritizes confidentiality, and cannot discuss your information with your family unless you request or approve it. When you first call, an intake volunteer will ask for your name, contact information, and reason for calling. An SSN professional will then call you within 24-48 hours (or immediately if in crisis).

How to Identify Culturally Informed Mental Health Professionals?

- Use Psychology Today's Therapist Finder (psychologytoday.com) and filter search by 'ethnicity served'.
- Search a directory of South Asian Therapists at southasiantherapists.org

Crisis Hotlines

Social Safety Net (SSN) - 24/7 Crisis Support for Jamati Members

CALL ACCESS

988 Suicide & Crisis Lifeline

988 (call/text)

Crisis Text Line

Text TALK to 741741

Trevor Project

The Trevor Project (thetrevorproject.org) is the leading national organization for crisis intervention and suicide prevention services to LGBTQ+ youth, offering support 24/7 from trained counselors via phone (1-866-488-7386), chat, text (678678), and their social networking site, TrevorSpace.



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How to Find a Provider in Your Network

- Go to your provider's website to find therapists that take your insurance.
- Go to Psychology Today (psychologytoday.com), SonderMind (sondermind.com), or Headway's (headway.co) therapist finder and filter by your medical insurance provider.
- Go to ZocDoc (zocdoc.com) to find a mental health professional in your network and book an appointment.

What if You Do Not Have Insurance?

- Therapy out of pocket is typically between \$60-\$150 per session. Some therapists and clinics offer sliding scales to match what you can afford.
- Open Path (openpathcollective.org) provides therapy between \$30-\$60, targeting middle and lower-income clients.
- Bliss (cimhs.com) provides a free 8-session interactive therapy program that teaches you techniques to improve your mood using evidence based approaches.
- The Depression and Bipolar Support Alliance (www.dbsalliance.org) also has peer-led online support groups for young adults living with depression and bipolar disorder, offering a place to share experiences, discuss coping skills, and give hope to one another.
- Mindfulness for Teens (mindfulnessforteens.com) has a repository of free guided meditations designed to help students reduce anxiety and depression while providing avenues to cope with stress.

