College Student

Description: A college student dealing with stress, anxiety or other mental health issues and looking for resources near their campus. College students may not be educated on terminology or mental health concepts. They may need assistance in directing them to what kind of resources they may need.

Needs: Access to mental health resources with information about their areas of expertise, insurance accepted, and appointment availability near their college and information about services tailored to students.

Mental Health Professional

A mental health professional, such as a therapist or counselor, seeking information about referral options for their clients. They may be looking at this website to see if the website itself is a good resource to point out to clients or they may be looking for a specific type of resource to suggest to a client. For example, a therapist may be browsing to see what medication management is available in the area and they may see a profile of a specific med management resource that they feel is good to suggest to their client. They could tell their client about this specific med management resource and the client could seek out a connection with this resource. A mental health professional may also not be listed as a resource and want to be listed.

Needs: Easy access to a directory of resources in their area, information about their areas of expertise, insurance accepted, and appointment availability. A way to submit information about new resources.

Family of those with Mental Illness:

Family members seeking mental health resources for a loved one.

Needs: Easy access to a directory of resources in their area, information about their areas of expertise, insurance accepted, and appointment availability. They may benefit from information on how to support their loved one, but this may be something that could be added to the site in the future.

Non-Student seeking Therapy or other Resource:

An individual experiencing mental health challenges and seeking therapy or counseling services for themselves.

Needs: Easy access to a directory of therapists in their area, information about their areas of expertise, insurance accepted, and appointment availability.