



Online Mental Health /Teletherapy Resources

Backline

Connects the Music Industry Pros and their family with trusted mental health providers.

<https://backline.care>

Tour Support's BetterHelp Fund

Gives artists, crew members, and vendors on a given tour 24/7 access to a therapist via phone or online. BetterHelp has established a fund for independent artists and tours to apply for free services. *For individuals affected by COVID-19 - related tour cancellations.*

<https://www.lighthopelife.org/betterhelp-group-form>

BetterHelp

1 month FREEE for ASCAP members HERE.

Online therapy sessions available for \$45 per session. Clients answer a series of questions before being matched with a counselor.

www.betterhelp.com

TalkSpace

Online therapy platform that provides users the confidential support of a licensed therapist through an easy-to-use and HIPAA-compliant app.

<https://lp.talkspace.com/try>

SUICIDE PREVENTIION RESOURCES

Crisis Text Line:

Text HELLO to 711741

National Suicide Prevention Lifeline

1-800-273-8255

<http://www.suicidepreventionlifeline.org>

Suicide Safety Plan App or Template

Fill one out and keep it in their wallet just in case you need it.