

Apps for Counseling Services

1. Essential

- a. <https://www.essentiahealth.org/services/behavioral-mental-health-services/>
- b. Crisis line (24/7) #701-298-4500
- c. Go to the top of the page and click on “Make an Appointment” then schedule an online appointment

2. Sanford

- a. <https://www.sanfordhealth.org/medical-services/behavioral-health/counseling>
- b. Click on Virtual Care visit

3. Better Help

- a. <https://www.betterhelp.com>
- b. Cost: \$60-90 per week depending on when you meet

4. Talk Space

- a. <https://talkspace.com>
- b. \$65-99/week
- c. Available 24/7
- d. They accept insurance

5. Online Therapy

- a. Online-therapy.com
- b. Free at first; then \$32-64 per week
- c. Not 24/7

6. 7 Cups

- a. Two Services offered:
 - i. Trained listeners (FREE SERVICE)
 - ii. Licensed therapist (\$150/ month)
- b. <https://www.7cups.com>

7. Ginger

- a. Training behavior health coaches
- b. Starting at \$129 per month
- c. Same day therapy sessions
- d. 24/7
- e. <https://www.ginger.com>