



Therapist Resources

Taking care of our mental health is important. More so in times such as the recent Covid-19 outbreak. We understand that times like these can be emotionally exhausting and talking to a professional can help.

Here's a list of trusted organizations we know of, offering counselling and therapy sessions. A lot of them are offering subsidized if not free support these days as well:

1. **[The Talking Compass](#)**- A safe, positive and healing space for individuals, communities and organizations to find compassionate, empathetic resources for counseling, therapy, through audio or video calls.
2. **[Tatva Center](#)**- Mainly focuses on emotional awareness and well-being. They offer services such as Emotional Wellbeing for Artists, Training, Workshops and Consultancy, Psychotherapy and Counselling.
3. **[Sahay](#)**- They are a collective of mental health professionals that offer support to anyone in distress. They are also offering free consultation services during such times.
4. **[The Mindclan](#)**- TheMindClan is a mental health platform dedicated to giving individuals access to a curated list of tools for mental health care. [Here's](#) a list of mental health counsellors curated by the Mindclan team itself They've also started a list of blog articles called '[Cope with Corona](#)' which focuses on things like general health and how to cope with stress and anxiety
5. **[The Minds Foundation](#)**- The organization focuses on creating a stigma free community that fosters a shared approach to mental wellness. During the time of Covid-19, it has [Covid-19 Resources](#) which generally includes webinars etc.
6. **[White Swan Foundation](#)**- The organization offers knowledge services in the area of mental health. [Here's](#) how the organization has collated some article, write-ups including tips on dealing with Covid-19.

Also, there are certain applications focussing on how to maintain a balance emotionally and mentally:

- [Youper](#)
- [Innerhour](#)
- [Calm](#)

Apart from the above, please click [here](#) to view a crowdsourced list of therapists available for you to talk to.