

MENTAL HEALTH: FREE COUNSELING, THERAPY, AND WELLNESS FOR HEALTHCARE WORKERS

Headspace

In an attempt to ease health care workers' stress, Headspace, a popular meditation app, is offering free subscriptions to anyone working in a public health setting.

Talkspace Online Counseling

The leader in digital behavior health is donating 1,000 months of free online therapy to healthcare workers on the frontlines of COVID-10. Medical professionals receive 1 free month of Talkspace's Unlimited Messaging Plus plan - including online therapy in the form of text, audio and video calls with a licensed therapist. Access this offer on the website or download the app from the App Store or Google Play.

Neurocore Brain Performance

Based in Grand Rapids, Michigan, is offering free telehealth counseling to all first responders and medical professionals in the U.S. through May 1st, 2020.

Warrior Teletherapy Network

Is offering free teletherapy to healthcare workers in the Kansas City metro area.