



Free and Confidential Support 24/7

Suicide Prevention Lifeline

Call 988

[Chat online](#)

Crisis Text Line

Text HOME to 741741

Trans Lifeline

Call 1-877-565-8860

The Trevor Project

Call 1-800-246-7743

Text "START" to 678-678

[Chat online](#)

Veterans Crisis Line

Call 988, then PRESS 1

Text 838255

[Chat online](#)

Domestic Violence/ Intimate partner Violence Services

Safe Horizon

1-800-621-HOPE



Mental Health Practices and Directories

Postpartum Support International

1-800-944-4773 (4PPD)

Psychology Today

[PsychologyToday.com](https://www.psychologytoday.com) (you can filter your search for a therapist by your current insurance)

Therapy for Black Men

[Therapyforblackmen.com](https://www.therapyforblackmen.com) (you can filter your search for a therapist by your current insurance)

[Kennedy Johnson-What to expect after giving birth](#)

Article about What To Expect After Giving Birth /Legal support

Assata Thomas LMHC

Accepts insurance

Virtual Practice| NY & GA

www.assatathomas.com

Therapy In Motion

Therapist and Doula

Virtual Practice

<https://www.therapyinmotionnyc.com/>