

On Island Options

Joyce Sirota, LCSW

Licensed clinical social worker providing **FREE** therapy, funded by the town. Seeing people at the at the Islesboro Community Center
(207) 230-9101

As of 3/17/2020 Joyce Is ONLY available by phone.

Kathleen Kerr, MSN, CNS

Clinical nurse specialist with extensive experience looking at the context of peoples' problems, especially the family.
(207)-542-6082

Michael Kerr, MD

Psychiatrist specializing in family relationships, Available to see people, from on or off island.
(207)542-6081

Online Options

Talk with someone from the privacy of your own home! If you need a quiet space outside of home, the wellness room at the ICC is available. It is sound-proof, comfortable, and free!

Talkspace.com

Unlimited messaging and video conferencing with a mental health professional. There is also a *Talkspace for Teens app.*

Betterhelp.com

Therapy for individuals, couples, and teens. There are a variety of ways to contact a therapist, including live chat sessions.

7cups.com

FREE peer to peer support from trained volunteer counselors or you can pay to speak to a professional. Chat forums for teens.

TeenCounseling.com

Teens can chat, message, speak over the phone, or video conference with a therapist.

PrideCounseling.com

Online therapy for individuals in the LGBTQ community.

Additional Resources

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Live Online Chat at:

suicidepreventionlifeline.org/chat/

Trained crisis workers are available 24 hours a day, 7 days a week. They provide crisis counseling and mental health referrals.

SAMHSA Treatment Referral Helpline

1-877-SAMHSA7 (1-877-726-4727)

www.samhsa.gov/find-help/national-helpline
Get general information on mental health and locate treatment services in our area. Speak to a live person, Monday through Friday from 8 a.m. to 8 p.m. EST.

National Alliance on Mental Health (NAMI)

Rockland

namirockland.org

(845) 359-8787

IN A CRISIS?

TEXT NAMI TO 741741

The NAMI Rockland Help Line is a free service that provides information, referrals and support to people living with a mental health condition, family members and caregivers, mental health providers and the public.

PHYSICAL HEALTH

isn't as

IS JUST AS

mental health

