

Virtual Resources

PLEASE NOTE: These organizations are not affiliated with the Academy of Art University and the ARC does not endorse or guarantee their services.

FOR EMERGENCIES CALL 911

Campus Safety: 415.618.3911

Crisis Lines

National Crisis Line

800.273.8255 (24 hours/7 days)

SF Anxiety/Crisis Line

415.781.0500 (24 hours/7 days)

Text "LISTEN" to 741741

Veterans Crisis Line

800.273.8255

Support for Deaf/HOH 800.799.4889

veteranscrisisline.net

Online Medical Resources

MD Live

mdlive.com

800.400.6354

Online video appointments with doctors and psychiatrists (24 hours/7 days)

Amwell

amwell.com

844.733.3627

Online video appointments with doctors and psychiatrists (24 hours/7 days)

General Resources

United Way

Dial 2-1-1 to connect to a local United Way

unitedway.com

COVID-19 Economic Relief Fund helps with bills and food for qualifying students and instructors

Spectrum Internet Service

844.579.3743 | spectrum.com

Free internet access for qualifying students

Insight Timer

insighttimer.com or download the free app

Meditation videos to help with anxiety, stress, etc.

Free/Low Cost Mental Health Resources

7 Cups

7cups.com

Free peer support or pay for a professional therapist

Bliss (CIMHS)

cimhs.com

Offers 8 free online therapy sessions for depression

SF Behavioral Health Access

sfhealthnetwork.org

415.255.3737 | 888.246.3333

*Assessments and referrals to therapy or psychiatry
Language translators available. SF only*

California Institute of Integral Studies (CIIS)

ciis.edu/clinics

Sliding scale video therapy. SF only

Other Mental Health Resources

Psychology Today

psychologytoday.com/us/therapists

National guide to psychologists with virtual options

TalkSpace

talkspace.com

*Unlimited messaging and videoconferencing
with licensed therapists (\$100 off with code 1004U)*

BetterHelp

betterhelp.com

Live chat sessions with licensed psychologists

Pride Counseling

pridecounseling.com

Affordable online video therapy for LGBTQ+

iHope Network

ihopenetwork.com

Affordable online video therapy