



Being quarantined or isolated can be difficult during COVID-19. While you may not have in-person access to support groups, mental health providers or other support systems, there are online resources that can help.

Explore online support communities

NAMI hosts online communities discussion groups where people exchange support and encouragement. Create a free NAMI account to join one. Contact your local NAMI affiliate to see what online and other resources are in your area.

- 7 Cups: [7cups.com](https://www.7cups.com)
 - Free online chat for emotional support and counseling. Also offers fee-for service online therapy with a licensed mental health professional. Service/website also offered in Spanish.
- Emotions Anonymous: [emotionsanonymous.org](https://www.emotionsanonymous.org)
 - Nonprofessional group focusing on emotional well-being in in-person and online weekly meetings.
- Support Group Central: [supportgroupscentral.com](https://www.supportgroupscentral.com)
 - Virtual support groups on various mental health conditions. Free or low-cost. Website also offered in Spanish.
- The Tribe Wellness Community: [support.therapytribe.com](https://www.support.therapytribe.com)
 - Free, online peer support groups. Include focused groups: Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/family, OCD and Teens.
- SupportGroups.com: [supportgroups.com/online](https://www.supportgroups.com/online)
 - Listings of online support groups.
- For Like Minds: [forlikeminds.com](https://www.forlikeminds.com)
 - Online mental health support network for people are living with or supporting someone with experiencing mental health conditions, substance use disorders or stressful life events.
- 18percent: [18percent.org](https://www.18percent.org)
 - Free, peer-to-peer online support community for people experiencing a range of mental health issues.
- Psych Central: [psychcentral.com](https://www.psychcentral.com)
 - Offers online mental health resources, quizzes, news, “Ask the Therapist” and online support communities.

Find support over the phone

NAMI HelpLine Monday-Friday, 10:00 a.m. to 6:00 p.m., ET (800) 950-6264