

- **Mental Health Counselors/Therapists**
 - [Talkspace](#)
 - Insurance or "sliding scale"
 - [Center for Human Growth](#)
 - "sliding scale" or free counseling services
 - [Psychology Today](#)
 - Find a Indiana therapist that offer Telehealth or in person services
 - Filter by insurance provider (i.e. HIP, Anthem Blue Cross, etc.) or "sliding scale"
 - [Centerstone](#)
 - [IU Health Bloomington Behavioral Health Services](#)
- **Mindfulness, Meditation & Wellness Apps**
 - [Headspace](#)
 - free trial or check out [Headspace's YouTube page](#)
 - [WellTrack](#)
 - [InsightTimer](#)
 - #1 FREE app for sleep, anxiety and stress.
 - [Smiling Mind](#)
 - [Stop Breathe Think](#)
 - [UCLA Mindful](#)
 - [Healthy Minds Program](#)
- **Support Groups & Services**
 - [CAPS Workshop & Support Groups](#)
 - [CAPS Sexual Assault Crisis Service](#)
 - [Ask a Confidential Advocate](#)
 - [Confidential Victim Advocates](#)
 - 812-856-2469
 - [CAPS Let's Talk](#)
 - [Free legal advice and services](#)
 - [CAPS Coalition for Overcoming Problem Eating/Exercise \(COPE\)](#)
 - [Crimson CORPS](#)
 - [Schedule a Health Coach Session](#)
 - [Nutrition Consultation](#)
 - [Queer Life at IU](#)
- **Health Services**
 - [Free STI Testing](#)
 - [HealthNet Bloomington Health Center](#)
 - [Futures Family Planning Clinic](#)
- **Food Insecurity**
 - [Request IU Meal Points](#) (Donate Meal Points [Here](#))
 - [Crimson Cupboard Food Pantry](#)

- [Bloomington Food Pantries](#)
- [Groceries to Go](#)
- **Emergency Funding**
 - [IU Emergency Funding](#)
- **Tax Help**
 - [The Indiana University IRS Volunteer Income Tax Assistance \(VITA\) Program](#)
 - [INfreefile](#)
 - [Find an Indiana Taxpayer Assistance Center](#)
 - [Find a Location for Free Tax Help](#)
 - [INvestEd](#)