

# Trends

Week 8



Company/app name	Telehealth modality	Cost	Apply to join their therapy team
American Well <a href="http://www.amwell.com">www.amwell.com</a>	Video conferencing	\$79/session; some insurances reimburse	<a href="http://www.americanwell.com">www.americanwell.com</a>
BetterHelp <a href="http://www.betterhelp.com">www.betterhelp.com</a>	Asynchronous messaging, live chat, live phone, video conferencing	Plans begin at \$35/week	<a href="http://www.betterhelp.com/counselor_application/">www.betterhelp.com/counselor_application/</a>
Breakthrough <a href="http://www.breakthrough.com">www.breakthrough.com</a>	Video conferencing	Determined by therapist; some insurances reimburse	<a href="http://www.breakthrough.com/for-providers/start">www.breakthrough.com/for-providers/start</a>
Lantern <a href="https://golantem.com/">https://golantem.com/</a>	Online modules, asynchronous messaging, live phone	\$49/month	
7 Cups of Tea <a href="http://www.7cups.com">www.7cups.com</a>	Asynchronous messaging	Plans begin at \$37.50/week or \$150/month	<a href="http://www.7cups.com/online-therapy-jobs/">www.7cups.com/online-therapy-jobs/</a>
TalkSpace <a href="http://www.talkspace.com">www.talkspace.com</a>	Asynchronous text, video and voice messaging	Plans begin at \$32/week	<a href="http://www.talkspace.com/online-therapy/join-talkspace-as-a-therapist">www.talkspace.com/online-therapy/join-talkspace-as-a-therapist</a>

7 Cups provides free, 24/7 emotional support to millions via online chat. We want to make sure nobody has to face their problems alone. Having someone like you to listen can be all it takes to make a real difference.

How does it work?

It's easy! We provide free online training & support - all you need is an internet connection to get started.

- Free active listening course
- Online volunteering from home (or via app!)
- Control your own availability to listen
- Get certifications to boost your resume
- Get support & coaching from friendly mentors

Become A Listener: <https://www.7cups.com/listener/CreateAccount.php>

## In The News

WHO classifies “gaming disorder”

APA deepens endorsement of telepsychiatry

- Physician shortage
- Integration of service providers
- Safer



# Acknowledgments

- Sandness Boulanger, MSW, LCSW, CAP, CET, Vice President of Clinical Services, Operation PAR, Inc.
- Dianne L. Clark , PhD, CAP, Chief Executive Officer, Operation PAR, Inc.
- Mountain Plains Addiction Technology Transfer Center (MPATTC)
- National Frontier and Rural Telehealth Education Training Center (NFARtec)