

# WEBSTER UNIVERSITY THAILAND

## Mental Wellness Referral Resources

### 1. CRISIS HOTLINES

- a. English (24 hours/7 days):  
Samaritans: 02-713-6791 02-713-6790  
or +1-800-273-TALK (8255)
- b. Samaritans Hotline may not be functioning directly during COVID, but they will call you back. If not available, leave a voicemail or email with your phone number: [samaritans\\_thai@hotmail.com](mailto:samaritans_thai@hotmail.com)
- c. You can also **call or chat** on *Facebook messenger*: Search or click for [The Samaritans of Thailand](#)
- d. Thai language (24/7) call 1323 or (12:00 to 22.00) 02-713-6793
- e. Webster St. Louis Emergency Counselor +1 (314) 968-6911

### 2. CORONA VIRUS SPECIFIC RESOURCES and ARTICLES

- a. [Coping and Staying Emotionally Well During COVID-19-related School Closures](#)
- b. [How College Students Can Prioritize Mental Health During the COVID-19 Outbreak](#)
- c. [Mental health amid the COVID pandemic](#)
- d. [7 science-based strategies to cope with coronavirus anxiety](#)
- e. [Taking care of your mental health in times of uncertainty](#)
- f. [Managing your mental health – CNN Town Hall](#)
- g. [How to prevent loneliness in a time of social distancing](#)
- h. [CDC tips for managing anxiety & stress](#)

### 3. USUALLY IN PERSON (NOW ONLINE) COUNSELING SERVICES IN BANKOK

- a. [The Cabin](#): 052-080-720
- b. [Psychological Services International](#): 02-259-1467
- c. [Bangkok Counseling Service](#): 02-286-1352
- d. [New Counseling Service](#): 02 279 8503

### 4. LIFE COACHING SERVICES IN HUA HIN

[ExPat Nomad Coaching](#): 099-1630-747 [rjnuis@expat-nomad-life-coaching.com](mailto:rjnuis@expat-nomad-life-coaching.com)

### 5. TELEPHONE COUNSELING WITH WEBSTER ST. LOUIS COUNSELING

- a. Call: +1-314-246-7030 during normal St. Louis business hours
- b. Email: [counselingLD@webster.edu](mailto:counselingLD@webster.edu)  
(When requesting an appointment, please mention that you are a member of WUT and want a telephone appointment)

## 6. ONLINE COUNSELING/PSYCHIATRIST

- a. [Better Help](#): (low income option available)
- b. [7 Cups](#): (Also includes FREE self-help guides and FREE CHAT with paraprofessional listeners)
- c. [Talk Space](#)
- d. [Online Psychiatrist](#) for mental health medication

## 7. OTHER FREE RESOURCES TO SUPPORT MENTAL WELLNESS:

- a. [Therapy Assistance Online](#): COVID special: 90 days free of self-help online exercises (When prompted, choose USA option for Webster St. Louis)
- b. [7 Cups](#): FREE self-help guides and FREE CHAT with paraprofessional listeners. Also paid online professional counseling
- c. [Free mental health assessment](#)
- d. [Free Self-compassion sessions](#)
- e. [Half of Us](#): Tools and information on how to cope with common mental health concerns
- f. [ULifeline](#): Online resource for college mental wellness

## 8. FREE MENTAL HEALTH APPS

Available for download on Apple or Android (Results may vary. At the time of publication, these have some empirical validation and were available for free. If you do not find what you are looking for, you might conduct your own search as new apps are always being developed).

- a. **Talk Life**: Chat free with others who are coping with similar concerns
- b. **Daylio - Mood Tracker**: Tracking your moods can help you pinpoint where and how to improve them.
- c. **Moodpath**: Free anxiety and depression assessment
- d. **Youper**: Chat with an AI person to help decrease your depression based on empirical evidence
- e. **What's Up?** Learn healthy coping skills on this app
- f. **Pacifica**: Improve sleep, relaxation, and mindfulness with this app
- g. **Happify**: Engaging positive psychology games to boost happiness and decrease depression
- h. **notOK**: Provides tools to help prevent suicide
- i. **Quit That!** Helps you or others quit addictive behaviors
- j. **Mindshift**: Built for college students to help you reduce and manage anxiety
- k. **Rise Up and Recover**: Helps manage and control eating disorders
- l. **Sanvello**: Good for stress reduction, anxiety and depression. Free during COVID.
- m. **IPNOS**: Great for relaxation and better sleep

## 9. ADDICTIONS SUPPORT

- a. [Alcoholics Anonymous](#) Now offering support groups online throughout Thailand)
- b. [Narcotics Anonymous](#) (for all addictions) Now offering support groups online throughout Thailand

## 10. ARTICLES ABOUT COMMON COLLEGE CONCERNS

- a. [Managing Procrastination for College Students](#)
- b. [Beating Homesickness](#)
- c. [Are you in an Abusive Relationship?](#)
- d. [Myths of Therapy](#)
- e. [Codependency and Interdependency](#)
- f. [Eating Disorder Information](#)
- g. [Domestic Abuse: Power and Control](#)
- h. [Addictive Relationships](#)
- i. [Stress 101](#)
- j. [Understanding Dysfunctional Relationship Patterns in Your Family](#)
- k. [Frequently asked questions \(FAQs\) about counseling](#)

Lastly, remember your own inner strengths, coping skills you have learned in the past, and that it's ok to ask for help from your social support networks. There are also other unique resources out there that you can look for on your own.

--Dr. Amoneta, Webster University Thailand Counseling Center Director

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[Webster Counseling Website](#)