



National and On-Line Therapy Resources

Psychology Today is one of the best national online counseling services provided all over the world. It offers therapists, tele therapy, psychiatrists, treatment centers, and support groups.

To find the best mental health professionals in your place, press on your state below:

[Alabama](#) [Alaska](#) [Arizona](#) [Arkansas](#) [California](#) [Colorado](#) [Connecticut](#)
[Delaware](#) [District of Columbia](#) [Florida](#) [Georgia](#) [Guam](#) [Hawaii](#) [Idaho](#)
[Illinois](#) [Indiana](#) [Iowa](#) [Kansas](#) [Kentucky](#) [Louisiana](#) [Maine](#) [Maryland](#)
[Massachusetts](#) [Michigan](#) [Minnesota](#) [Mississippi](#) [Missouri](#) [Montana](#)
[Nebraska](#) [Nevada](#) [New Hampshire](#) [New Jersey](#) [New Mexico](#) [New York](#)
[North Carolina](#) [North Dakota](#) [Ohio](#) [Oklahoma](#) [Oregon](#)
[Pennsylvania](#) [Puerto Rico](#) [Rhode Island](#) [South Carolina](#) [South Dakota](#) [Tennessee](#) [Texas](#) [Utah](#) [Vermont](#) [Virgin Islands](#) [Virginia](#)
[Washington](#) [West Virginia](#) [Wisconsin](#) [Wyoming](#)

To look for more mental health professionals in your area, go to <https://www.psychologytoday.com/us/therapists/michigan>, and look for your state and city.

The National Network of Depression Centers (NNDC)

The National Network of Depression Centers (NNDC) is another national online counseling all over the U.S. that develops and fosters connections among members to use the power of their network to advance scientific discovery and to provide stigma-free. Their main focus is to reduce depression through their services and programs, and to transfer lives through innovations in treatment. Biomarker Discovery Project, Mood Outcomes Program, and Visiting Professor Program are some of the ambitious programs the NNDC provides to make a difference in the field of depression and bipolar disorders

The NNDC contains of 21 centers of excellence and 4 associate members.

Contact Request

- The NNDC office is the coordinating center for the network and is unable to schedule appointments or provide referrals to clinics.
- If you would like to make an appointment, please call one of the Member Centers (mentioned below) directly or browse additional resources by state on the Get Help page.
- You should note that NNDC staff or members cannot respond to email requests for specific recommendations regarding treatment.
- Diagnosis and treatment are complex and highly individualized processes that require comprehensive face-to-face assessment.

NNDC address

National Network of Depression Centers
2350 Green Rd Ste 191
Ann Arbor, MI 48105

To get more information, visit <https://nndc.org/contact/>, or type NNDC on Facebook and Twitter.

NNDC Centers of Excellence

Each site is part of an academic institution with leading experts in the diagnosis, treatment, & scientific discovery of advances in depression & bipolar illness.

- Brigham & Women's Hospital – Harvard Medical School
- Duke University
- Emory University
- The Johns Hopkins Mood Disorders Center
- Mayo Clinic
- McLean Hospital – Harvard Medical School
- The Ohio State University
- Stanford University
- University of California San Francisco Depression Center
- University of Cincinnati & Lindner Center of HOPE
- The Helen and Arthur E Johnson Depression Center at the University of Colorado Anschutz Medical Campus
- University of Florida, Mood Disorders Program
- University of Illinois at Chicago
- University of Iowa Mood Disorders Center
- University of Louisville Depression Center
- University of Massachusetts Medical School
- **University of Michigan Comprehensive Depression Center**
- University of Pennsylvania
- University of Texas at Austin
- University of Texas Health Science Center at Houston
- Weill Cornell Medical College



Additional Resources

Ann Arbor Counseling Associate, (AACa) is a network located in west and east Ann Arbor that provides help to hundreds of Michiganders every week to improve their moods, quality of life, and control unwanted thoughts, so they can be successful and happy in their life. AACa serves children, teens, and adults, and it contains of professionals that are specialized in anxiety, depression, relationships, and trauma.

To contact the AACa, dial (734) 521-4799, or go to their main page

<https://annarborcounselingservices.com/locations/>

Address

West Ann Arbor office's address
6276 Jackson Road, Suite D
Ann Arbor, MI 48103

East Ann Arbor office's address
2002 Hogback Road, Suite 17 and 18
Ann Arbor, MI 48105

Key Resources



Great Lakes Psychology Group (GLPG) is another local option for mental health services located in 14 counties in Michigan, such as Clinton Township, Dearborn, Livonia, Shelby Township, Troy, Clarkston, Novi, Southfield, Sterling Heights, and many others. GLPG offers excellent online therapy services that are confidential and secure. Also, GLPG gives affordable payment options, and it accepts many types of insurance like Cofinity, Aetna, Cigna, BlueCross- BlueShield, and many others.

To schedule an appointment, call (586) 210- 6148, and visit

<https://www.greatlakespsychologygroup.com/> for more information about the online services.