



Connect to Health Care Online



Physical Health

Good RX (free and subscription options)*	https://www.goodrx.com/
Link to Care WA (Washington residents only)*	https://linktocarewa.org/ (866) 757-1832
Providence Medical Care (Express Center)	https://www.providence.org/virtual-care/expresscare-virtual
Sesame Care	https://sesamecare.com/
Zocdoc (search for a doctor)*	https://www.zocdoc.com

*Free





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Mental Health

AgriStress (for Oregon residents)*	(833) 897-2474 (call or text)
BetterHelp	https://www.betterhelp.com
Brightside Health	https://www.brightside.com/
BuddyHelp*	https://buddyhelp.org/
Grow Therapy	https://growtherapy.com
Talkspace	https://www.talkspace.com
Suicide & Crisis Lifeline*	988

*Free

