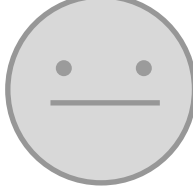
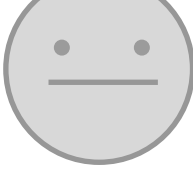


	Licensed Counselors and Professional Therapists)	Free Emotional Support (volunteer listeners)	Welcoming atmosphere, Ability to make friends	Subscription needed	User Friendly navigation Simple Design	Monitored conversations in chat rooms	Variety of exercises and self-care techniques	Informative
	✓	✗	✗	 without subscription not much to navigate		 Not applicable	 through articles only	
	✓	✓	✓	 a lot of paid plans and therapists		 Not enough monitoring		
	✗	✓	✓	 Not needed, but no professional help	 too dark layout for the topics	 No. Lots of controversy for teenagers. Dangerous content		 Some materials provided