growtherapy

Book today with Grow Therapy

Your plan has partnered with Grow Therapy
to make mental health care more accessible

How Grow Therapy works with you

Pick your provider

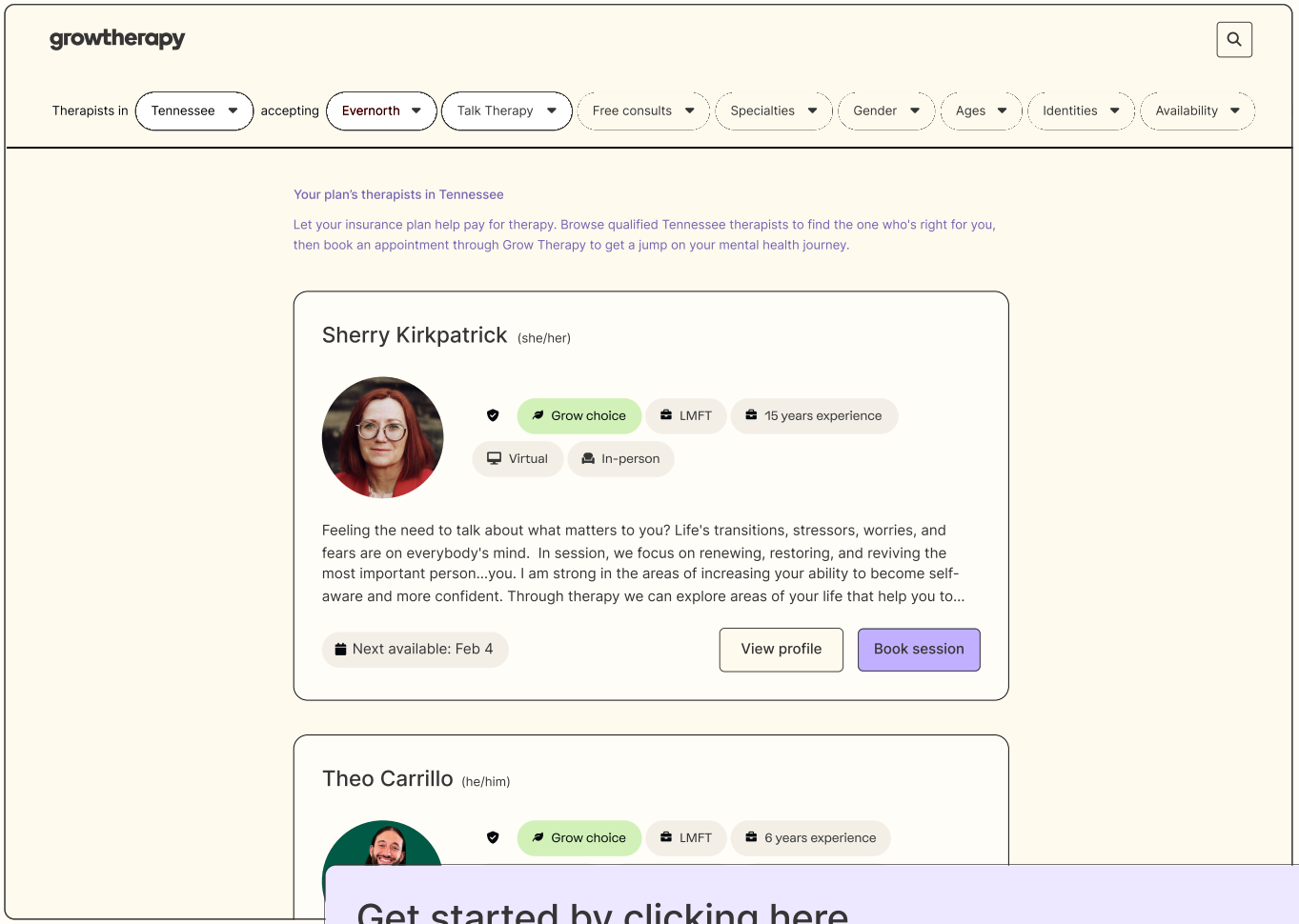
Find a provider that specializes in your needs.

Schedule time

Most therapists are available for appointments within two days.

Connect your way

Meet your provider either in-person or virtually, whichever works best for you.



Get started by clicking here.

For questions, please use the chat widget available in your Client Portal. If you need help finding a new provider or booking an appointment, don't hesitate to call us at (646)-687-9932. Additionally, you may visit the Client Help Center for FAQs or navigate to growtherapy.com/wp/contact-us.

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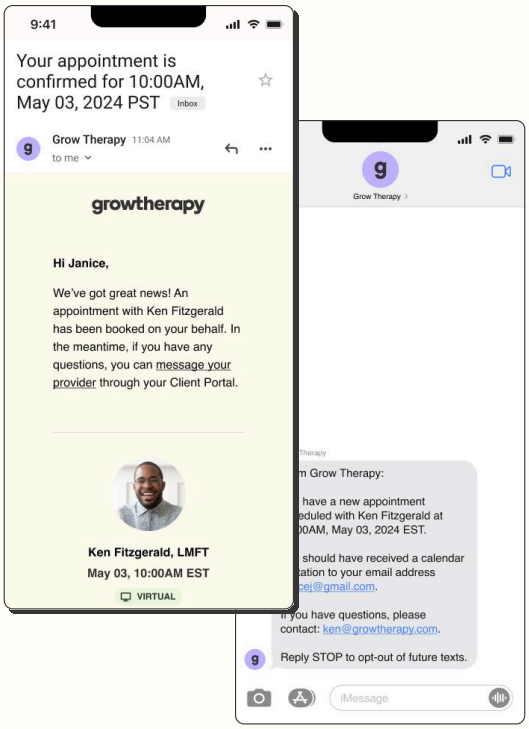
Welcome to Grow Therapy

You're made an appointment with a Grow Therapy provider. We're here to guide you through next steps.

Your appointment is booked! What happens next?

You'll receive an email from **no-reply@growtherapy.com** and a text message confirming your appointment. This message will include details on how to join your session, a link to your Client Portal, and contact information for Grow Therapy as well as your provider. We're here to assist with scheduling, billing, and platform questions!

You will also receive email and text reminders for your session, along with helpful information to ensure you're prepared.



What if I have questions?

Your Client Portal gives you 24/7 access to:

- Update personal information
- Reschedule or cancel your appointment
- Search for a new provider who meets your needs
- Securely message your provider
- Contact your support team using our client portal chat widget