Headway

We're here to help you find mental health care that fits your needs.



Whether you know what you need or aren't sure where to start, we'll help you find the right fit.

About Headway Behavioral Health

Personalized Matching
Get matched with the right provider by filtering for your clinical needs and personal preferences.

Specialist Network
Diverse network of 20,000+ therapists, psychiatrists, and psychologists committed to providing high quality care.

Immediate Availability
Same-day matching with providers who have openings within 48 hours.

Easy-to-Use Platform
Book and manage appointments and payment directly on our website.

In-Person or Virtual Care
Book an in-person or virtual appointment with our providers.

Affordable and Transparent Pricing
All Headway providers are in-network with your insurance and you can see your price before you book.

How it Works

1. Scan this QR code
2. Filter for your preferences, such as race/ethnicity, gender and language to find the right provider
3. Add your insurance details and select an appointment slot and we'll handle the rest

Have questions or ready to get started?

Access care today:

https://headway.co/

"This would be my first time in therapy and it's so intimidating to find someone that I've given up before. With Headway, I was able to get seen in less than one week!"

-Headway Patient

Headway

Frequently Asked Questions

What is Headway?

Headway is the easiest way to access high-quality, personalized in-network mental health care. Today, only 1 in 3 mental health clinicians actively practice in-network. Headway was founded to solve for this challenge by making it easy for providers to accept insurance. In just 4 years, Headway has scaled to being the nation's largest network of therapists and psychiatrists who actively accept insurance, driving seamless access for members. Today, Headway is powering more than 4 million appointments each year - in-person and video-based - for members across our 23 states and DC.

48 hour appointment availability (virtual and in-person)	4.9 days to first appointment on average	70% of members see reduced depression & anxiety after 30d

What type of mental health care does Headway offer?

Headway supports talk therapy and medication management. Our providers have a wide array of specialties including: ADD/ADHD, Anger Management, Anxiety, Depression, Eating Disorders, Family Issues, Grief / Loss, LGBTQIA+, Maternal Mental Health, Men's Issues, OCD, Relationship Issues, Stress, Substance Use / Addiction, Trauma, Women's Issues and more. Members can filter and search for providers that specialize in these areas on headway.co/.

8,300+ child & adolescent providers for members 6yr+	50% of providers are non-white (3x the APA standard)	50+ languages spoken by our provider network

How is Headway different than going through the provider directory?

On headway.co/ members can see detailed provider information such as, specialities, license type, live availability, and even patient-attested provider style tags (e.g., humorous). Once members select a provider, they can book an appointment in just one-click and receive a quote for the session upfront. This detailed clinician information and seamless booking flow drives greater therapeutic alliance between the patient and provider.

How much does it cost to see a Headway provider?

Headway is working to make mental healthcare affordable by offering accessible in-network care, so the cost per session will be dictated by the member's benefit plan. Payment will be at parity with their PCP cost sharing. Headway will bill the member after the session is completed - never before the session. Acceptable payment methods are credit card or debit card, and members will be prompted to input this information prior to attending their first appointment.

Go to headway.co/contact for additional support with Headway