Rula

A healthcare provider group enabled by technology delivering reliable access to high quality mental health services

21,000+
Providers nationwide

100s of providers
added each month

5 years old+
Ages served

Rula has partnered with most health plans to make it easy for people to find providers who meets their preferences, and have availability this week.

Rapid Access

24/7 online scheduing means patients can schedule their first appointment in <5 min

2 days
Average time to 1st offered appointment

Curated Matching

Members can select providers based on multiple dimensions (e.g., gender, language, ethnicity, specialty)

93%
Therapeutic Alliance based off >500k potential permutations

Clinical Excellence

Clinical support system focused on ensuring therapists meet quality of care expectations

30-40%
improvement in PHQ9 (depression) and GAD7 (anxiety) scores after 90 days

Measurable Outcomes

Weekly use of measurement based care to track progress and drive treatment planning

Get started today
rula.com/partner/