Life can be hard.
Getting help doesn't have to be.

Are you ready to prioritize your well-being? Your journey to healing and growth begins here. We'll match you to the right therapist, so you can get the care you need—on your schedule.

Tava is...

- **Simple.** Sign up and answer a few questions to instantly match with a therapist equipped for your needs, and schedule your first appointment within minutes.
- **Effective.** Our licensed therapists come from all walks of life and offer evidence-based approaches to overcoming whatever your challenges—all tailored to your unique needs.
- **Confidential.** We don't tell your employer who used the service. Your identity and anything you discuss is confidential.
- **Convenient.** Self-scheduled online video sessions mean you get care whenever works best for you: day, night, or weekends.

Learn more at **care.tavahealth.com**