

Find mental health care that fits your needs

Whether you know what you need or aren't sure where to start, Headway can help. As part of your benefits, you have access to a wide range of Headway therapists and psychiatrists in your health plan's network.



About Headway



Personalized matching

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



Specialist network

Diverse network of 50,000+ therapists and psychiatrists providing high-quality care across the US.



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 & transparent pricing

All Headway providers are in-network with your insurance. You can see your price before you book.

How it works

1 Scan QR code



2 Filter for your preferences, such as gender and language to find the right provider

3 Add your health plan details and select an appointment slot - we'll handle the rest

Questions?

For matching support, visit headway.co or contact our live support team at: (646)-941-7645

If you're experiencing emotional distress, the resources below provide free and confidential support 24/7. If this is an emergency, call 911.

Suicide & Crisis Lifeline

Call or text 988

Crisis Text Line

Text "HOME" to 741741

“ I feel much more hopeful about my future after getting connected to my Headway therapist. I've learned healthy ways to practice self-care and am more empowered to care for my own mental health!”

-Headway member