

Mental health support for Providence members

Headway makes taking the first step easier, with thousands of available in-network therapists and psychiatric providers a click away, with copays as low as \$0/session, depending on your plan.



THE NATION’S LARGEST NETWORK OF MENTAL HEALTH PROVIDERS

80,000+	45%	50+	35	30
Licensed therapists and psychiatric providers	of Headway providers identify as BIPOC	languages offered, including Spanish	Provider-identified focus areas, from anxiety to trauma-related symptoms	treatment methods, like CBT and EMDR

CARE THAT MEETS YOU WHERE YOU ARE

Virtual or in person	Help is always within reach, wherever you prefer to meet.	Get in-network care	Filter for providers who are in-network with your insurance plan.
Available whenever you are	Find openings in as soon as two days, even mornings, evenings, and weekends.	Transparent, upfront costs	See your estimated costs before you book your appointment.
Find a therapist who gets you	Search by ethnicity, gender, specialty, and treatment approach.	No phone tag	Book and manage appointments and payment on headway.co

BOOK IN-NETWORK CARE IN MINUTES

Scan the QR code or visit headway.co



- 1 Search providers by language, specialties, and more
- 2 Add your insurance details for a cost estimate
- 3 Choose an appointment slot that works for you

“Headway is awesome. You plug in your insurance info and it gives you a list of therapists who take your insurance. They also process all the payment and billing without you or your provider having to worry about it.”

Rachel B., Headway patient

If you feel at risk of acting on thoughts of harm to yourself or others, you should seek immediate crisis support.

The 988 Lifeline is a free, confidential service available 24/7. You can call 988, text 988, or visit 988.lifeline.org to connect with a trained crisis counselor for immediate support.

If you'd prefer to speak with someone directly, you can call the matching team at [\(833\) 910-3781](tel:8339103781). We're available Monday–Friday, 8:00 AM–10:00 PM ET, and Saturday–Sunday, 8:00 AM–9:00 PM ET.