







Know where to go for mental healthcare



Everyone struggles with mental health at times. With the right treatment and effective coping strategies, you can dramatically reduce many of your symptoms and feel more in control.

WHEN YOU NEED	USE	WAIT TIME
<p>PSYCHIATRIC THERAPY Next-day appointments with licensed psychologists and psychiatrists between 7 a.m. and 10 p.m. Central Time.</p>	<p>Doctor On Demand[®] by Included Health</p> 	24 hours
<p>CULTURALLY COMPETENT THERAPY Get support from a provider who understands your identity, culture and lived experience.</p>	<p>Grow Therapy</p> 	24 – 48 hours
<p>FAST AND FLEXIBLE THERAPY Get support to manage stress, anxiety or overcoming family challenges.</p>	<p>Headway</p> 	24 – 48 hours
<p>WHOLE-FAMILY MENTAL HEALTHCARE Support to help parents balance the demands of life, work, relationships and parenting, and to help children live their happiest and healthiest lives.</p>	<p>Little Otter</p> 	24 – 48 hours
<p>SPECIALTY THERAPY Rapid support in more than 40 languages for more than 90 specialties, including addiction, child and adolescent therapy, reproductive wellbeing, family therapy and many more.</p>	<p>Rula</p> 	24 – 48 hours
<p>INTENSIVE CARE FOR SUBSTANCE USE Confidential virtual care from licensed addiction specialists to help you learn new skills through video, audio and chat.</p>	<p>Pelago</p> 	Treatment subject to intake and assessment
<p>INTENSIVE CARE FOR TEENS AND YOUNG ADULTS Outpatient care for teens and young adults ages 11 to 30 who need more support than traditional weekly therapy but don't require 24/7 residential or inpatient care.</p>	<p>Charlie Health</p> 	Treatment subject to intake and assessment

988 If you or someone you know is in emotional distress or in suicidal crisis, help is available 24 hours a day, seven days a week by calling or texting 988 for the Suicide and Crisis Lifeline.

Each healthcare provider is an independent contractor and not our agent.

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an educational program and should not be considered medical treatment.

Doctor On Demand® by Included Health is an independent company providing telehealth services.

Grow Therapy is an independent company that provides virtual and in-person behavioral health services.

Headway is an independent company that provides virtual and in-person behavioral health services.

Little Otter is an independent company that provides virtual behavioral health services.

Rula is an independent company that provides virtual and in-person behavioral health services.

Pelago is an independent company that provides virtual behavioral health services.

Charlie Health is an independent company that provides virtual behavioral health services.

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