

WHAT TYPE OF CARE DO I NEED?



Types of mental health providers



Therapists

For support with how you're feeling, coping with stress, relationships, or getting through your day.

Services

- Can usually get an appointment faster
- Lowest average cost
- Cannot prescribe medication

Qualifications

- Licensed Clinical Social Workers (LCSW)
- Licensed Mental Health Counselors (LMHC)
- Licensed Professional Counselors (LPC)



Psychologists

For support with formal testing, assessments, and more specialized care for certain conditions.

Services

- May take longer to get an appointment
- Higher average cost
- Cannot prescribe medication

Qualifications

- Doctoral degree in Psychology (PhD or PsyD)



Psychiatrists

For when medication and therapy may be considered as part of a comprehensive care plan.

Services

- May take the longest to get an appointment
- Highest average cost
- Can prescribe medication

Qualifications

- Medical degree (MD or DO) with specialized training in mental health

Virtual Care

A wide range of treatments and therapies can be provided for these general virtual care options.



Virtual Primary Care

Schedule a virtual appointment with a Primary Care Provider (PCP) and get care from the comfort and privacy of home.

Generally Good For:

- ✓ Chronic Condition Management
- ✓ Lab orders
- ✓ Ongoing care
- ✓ Preventative care



24/7 Virtual Visits

Virtual visits allow you to talk with a provider 24/7 for common urgent care needs or when your Primary Care Provider is not available. Many providers can also prescribe some medications and have them sent to your local pharmacy.*

* Providers may not prescribe medications in all states.

Generally Good For:

- ✓ Allergies
- ✓ Bladder or urinary infections
- ✓ Common cold or seasonal flu
- ✓ Pink eye



Virtual Behavioral Health Care

For when you're dealing with life challenges, feeling stressed, or need to speak with a psychiatrist or therapist.

Generally Good For:

- ✓ Anxiety
- ✓ Depression
- ✓ Grief
- ✓ Stress