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