HEALTHY MIND

Mental health care, *regardless of income*

Get Started

A new approach to mental health

We did the research, and we found the issues with mental healthcare.

Today, **9.2%** of Americans have experienced depression symptoms (Goodwin et al., 2022).

The issue? They don't always have the resources to get the help they need.

We're here to change that.

At **Healthy Mind,** you can find a therapist, make appointments via virtual or in-person, and start the treatment you need.

The best part? All of our therapists accept payments on a **sliding scale**. That's right, no more being denied because of income or insurance coverage.

Let us help you while **bridging the gap to mental healthcare**.

About Us

What is Depression and Why Therapy Works

Symptoms of Depression

The DSM-IV lists the following as symptoms of depression:

- Depressed mood state
- Low energy
- Fatigue
- Feeling of worthlessness
- Trouble sleeping
- Loss of appetite

Source: Foster, S., & Mohler-Kuo, M. (2017). New Insights into the Correlation Structure of DSM-IV Depression Symptoms in the General Population v. Subsamples of Depressed Individuals. Epidemiology and Psychiatric Services, 27(3), 288-300.

How Therapy Can Help You Feel Better

- Learn *how* to adapt to *life events*
- Set goals for future *you*
- Let go of negative thinking and change unhealthy behaviors
- Develop healthy coping skills to fix problems and overcome depressive symptoms

Source: https://www.apa.org/topics/depression/overcoming

The Barriers to Mental Healthcare

Sometimes people experience issues with getting help.

Here's why:

- 17% of US adults don't have mental health insurance coverage
- Some cultures feel guilt for seeking mental health treatment
- 60 million Americans live in rural areas, this can make getting to an appointment hard

Source:https://www.healthline.com/health/barriers-to-mental-health-services#geographical-disparities

Getting mental health care is a group effort.
It starts with us helping **you** get the help that you need.

We know that there are **barriers** to receiving care, and it's our goal to fix those.

Don't think you have time for therapy? You can schedule a **virtual appointment *whenever***.

Worried about the stigma of getting therapy? We are here **24/7** to discuss how you feel.

Wondering if you can afford it? No worries, all of our therapists offer therapy on a **sliding scale**.

Here's How it Works

Create an account

Locate a therapist

Use our therapist locator to find an in-person or virtual therapy appointment.

Make an appointment

After you find the therapist who matches your needs, you can easily schedule an appointment on our website. We'll email you appointment reminders.

Feel better

Our therapists are here to help you feel better. And we hope with our ***transparent*** and ***affordable*** approach to mental health you'll feel like yourself soon.

We're happy you're ready to feel like *yourself* again

Create your account

Email

Username

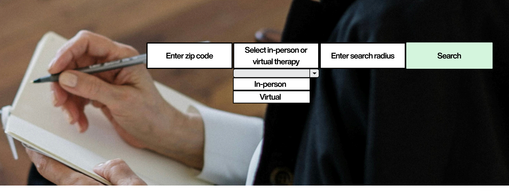
Password

Sign up

A few tips from us:

- **Create a username that you can easily remember**
- **Choose a password that is hard to guess for anyone else**
- **Passwords must have at least 8 characters**
- **Once you have created and confirmed your email, you will be able to change your user profile photo (to whatever makes you happy!)**
- **Check your spam folder if you have not received a confirmation email from us within 10 minutes (it will come from hello@healthymind.com)**
- **If you need assistance creating your account, we are here to help!**
  Reach out to: help@healthymind.com

Use our therapist locator tool to schedule an in-person or virtual appointment.
All therapists accept payments on a sliding scale.
We're here to help you feel better, regardless of income.



Enter zip code | Select in-person or virtual therapy | Enter search radius | Search

In-person

Virtual

Blog

How the DSM-IV Defines Depression

Blog — May 2, 2025

The 31.45% that Haven't Been Diagnosed-Here's Why

Blog — May 16, 2025

Decreasing Disparities in Mental Health Care

Blog —June 8, 2025

How to Help Loved Ones Diagnosed with Depression

Blog — June 20, 2025

Contact Us

We're here for you, any time of day.

Whether it's for a quick chat or help with using our website.

24/7 care, for everyone.

Phone: 1-800-555-5555
Email: hello@healthymind.com

Follow Us on Our Socials