

The easiest way to get quality in-network mental health care

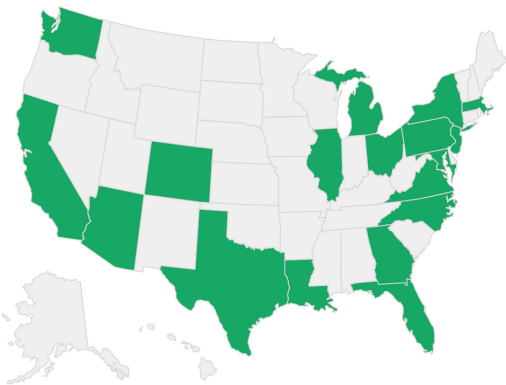
We'll connect you with a licensed therapist or psychiatrist to support you in your mental health journey.

Whether you know what you're looking for or aren't sure where to start, we make it easy for you to find and schedule an appointment with the right mental health provider for you — covered by Blue Cross and Blue Shield of Texas.

National Presence

Headway currently operates in 18 states and the District of Columbia...

AZ · CA · CO · DC · FL · GA · IL · LA · MD · MA
MI · NJ · NY · NC · OH · PA · TX · VA · WA



...and has a strong network of therapists and psychiatrists in **Texas** as shown below.

3,900+
providers
(in-person & virtual)

50%+
of providers are
non-white

48 hour
next appointment
availability

25%+
of providers treat
children & adolescents

How it Works

1

Find the right fit in seconds on [Headway.co](https://www.headway.co).

Share your preferences and insurance details. Our personalized matching process will find the right providers for your unique needs within seconds — and calculate the exact cost for your session.

2

Schedule your appointment immediately in one-click.

Book directly on Headway, and we'll take it from there. You'll only be billed after your session.

"This would be my first time in therapy, and it's so intimidating to find someone that I've given up before. With Headway, I was able to be seen in less than one week! I'm so glad I reached out."

— Headway Patient