

Mental health support for Blue Cross and Blue Shield of Texas members

Headway makes taking the first step easier, with thousands of available in-network therapists and psychiatric providers a click away, with copays as low as \$0/session, depending on your plan.



THE NATION'S LARGEST NETWORK OF MENTAL HEALTH PROVIDERS

80,000+

Licensed therapists and psychiatric providers (15,000+ in Texas)

45%

of Headway providers identify as BIPOC

55

languages offered, including Spanish

35

Provider-identified focus areas, from ADHD to trauma-related symptoms

30

treatment methods, like CBT and EMDR

CARE THAT WORKS FOR YOU



Virtual or in person

Help is always within reach, wherever you prefer to meet.



Available whenever you are

Find openings in as soon as two days, even mornings, evenings, and weekends.



Find a therapist who gets you

Search by ethnicity, gender, speciality, and treatment approach.



Get in-network care

Filter for providers who are in-network with your insurance plan.



Transparent, upfront costs

See your estimated costs before you book your appointment.



No phone tag

Book and manage appointments and payment on headway.co

BOOK IN-NETWORK CARE IN MINUTES

Scan the QR code or visit <https://book.headway.co/usatodayco>



1 Search providers by language, specialties, and more

2 Add your insurance details for a cost estimate

3 Choose an appointment slot that works for you

"Headway is awesome. You plug in your insurance info and it gives you a list of therapists who take your insurance. They also process all the payment and billing without you or your provider having to worry about it."

RACHEL B., HEADWAY PATIENT

If you feel at risk of acting on thoughts of harm to yourself or others, you should seek immediate crisis support.

The 988 Lifeline is a free, confidential service available 24/7. You can call 988, text 988, or visit 988.lifeline.org to connect with a trained crisis counselor for immediate support.