

# We're here to help you get mental health care that fits your needs.

Whether you know what you need or aren't sure where to start, we'll help you find the right fit.



## About Headway

### Personalized Matching Support

Get matched with a provider who fits your needs using our questionnaire or a one-to-one conversation with our support team.

### In-Person or Virtual Care

Book an online or virtual appointment with our providers.

### Affordable and Transparent Pricing

All providers are in-network with Blue Cross and Blue Shield of North Carolina and you can see your price before you book.

### Specialist Network

Diverse network of therapists, psychologists, and psychiatrists committed to providing high quality care.

### Easy-to-Use Platform

Book and manage appointments and payment directly on our website.

### Immediate Availability

On-demand matching with providers who have openings within 48 hours, including for children and adolescents covered as dependents.

## How it Works

- 1 Scan this QR code or go to [headway.co/BlueCrossNC](https://headway.co/BlueCrossNC)
- 2 Tell us what you're looking for
- 3 Start therapy



Choose your concerns and/or preferences for therapy to find the best match for you. We'll calculate the exact cost before your session.

Choose a therapist from your matches and book your first appointment right on Headway.