

We're here to help you find 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

Get matched with the right provider by filtering for your clinical needs and personal preferences.



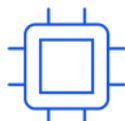
Diverse, high-quality network

40K+ in-network, diverse clinicians nationally, provide high-quality care to members



Immediate availability

Same-day matching with providers who have openings within 48 hours.



Easy-to-use platform

Book and manage appointments and payment directly on our website.



In-person or virtual care

Book a virtual or in-person appointment with our providers.



Affordable & transparent pricing

All Headway providers are in-network with your insurance. You can see your price before you book.

How Headway works

- 1 Scan QR code
OR
Navigate to
[book.headway.co/
anthem-bcbs](https://book.headway.co/anthem-bcbs)



- 2 Filter for your preferences, such as race/ethnicity, gender and language to find the right provider

- 3 Add your insurance details and select an appointment slot - we'll handle the rest

OR

Navigate to Anthem.com or Sydney Health app to search for providers in "Find Care"

Questions?

For scheduling assistance, visit headway.co or contact Headway's live support team at: (646) 941 7645

If you're experiencing emotional distress, the resources below provide free and confidential support 24/7. If this is an emergency, call 911.

Suicide Prevention Lifeline

Call 1-800-273-8255

Crisis Text Line

Text "HOME" to 741741

“I feel much more hopeful about my future after getting connected to my Headway therapist. I've learned healthy ways to practice self-care and am more empowered to care for my own mental health!”

-Headway member