

# 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.

### Immediate availability

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

### In-person or virtual care

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

### Specialist network

Diverse network of 28,000+ therapists, psychiatrists, and psychologists providing high-quality care to Quest Behavioral Health\* members across the U.S.

### Easy-to-use platform

Book and manage appointments and payment directly on our website.

### Affordable pricing

Access affordable care by selecting from 28,000+ providers in-network with Quest

## How it works

- 1 Scan QR code or visit [headway.co](https://headway.co)



- 2 Select your preferences (i.e. gender, race/ethnicity, language, virtual/in-person, speciality) to find potential matches

- 3 Add your insurance\* details and choose an appointment slot — we'll take it from there

**\*Be sure to enter, "Quest Behavioral Health" as your insurance carrier**

## Questions?

Reach our team at [support@findheadway.com](mailto:support@findheadway.com)

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 988

**Crisis Text Line**

Text GOT5 to 741741

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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!

-Patient