



Therapy works. See for yourself.

Connect with a licensed therapist who's right for you.

1. Scan the QR code or go to **sondermind.com** and click **Meet with a Therapist**. Let us know what you're looking for, and we'll take care of the rest.
2. Get matched. We'll **connect you to two to three licensed therapists** who **take your insurance** and can address your unique needs.
3. Review the provider profiles and choose the **therapist who's right for you**. Not the right fit? You can request a different therapist at any time.
4. Our **price transparency tool** lets you know what to expect. We'll always notify you at least three days before any charges to your card for any coinsurance, copays, or deductibles.
5. Get connected. Attend your first appointment in **5-10 days**.



In-network for MMO members and their dependents of all ages.



Video or in-person sessions available, seven days a week



HIPAA-compliant and confidential care.



Licensed providers to help you feel better, faster

Need more information or have a few questions?

Talk to a SonderMind wellness coordinator at **(844) THERAPY** Monday through Friday, 7 AM to 6 PM Mountain Time or email **support@sondermind.com**.