

Rula

Connect with a mental health expert who specializes in you.



You deserve quality care from someone who cares.

Match with licensed therapists and psychiatric practitioners today.



Scan to find a therapist who specializes in you.

A personalized approach to care, tailored around you.



Your search, made simpler

We'll help you find an in-network provider and schedule your first appointment in minutes.



Focused on quality

All therapists in our network undergo regular clinical reviews and have access to peer review and development workshops, ensuring you receive the highest quality of care.



Affordable, accessible care

Rula partners with your insurance company to make care more affordable. Patients typically pay \$15 per session — but we'll provide you with a personalized cost estimate prior to your first appointment.



Meet your match

We know how important it is to find someone you connect with. Providers in Rula's network represent a wide range of specialties and backgrounds, making it easier to find the right therapist or prescriber for you.



All-in-one platform

At Rula, we make it easy to combine multiple forms of care and manage your billing, appointments, and providers on one convenient platform.

Rula has 23,000 licensed providers, carefully vetted to ensure the highest quality of care.