

Therapy isn't always easy. Finding it should be.

Let us help you find a licensed therapist who accepts your insurance and is available to see you in-person or for an online video session.



Answer a few questions

Go to sondermind.com/friday-health-plans and click on “Match with a Therapist”. Take a brief questionnaire to help us find the best therapist for you.



Receive your matches

Our team carefully selects up to two therapists best suited to your needs. Want more options? Request a rematch at any time!



Choose your therapist

After picking your therapist, they'll reach out to schedule your first appointment.



Save money with insurance

We'll save you money by only selecting our therapists who take your insurance.

Need more information or have a few questions?
Talk to a Wellness Coordinator at **844 -THERAPY**,
Monday - Friday 7 AM - 7 PM MT and Saturday 8 AM - 5 PM MT.