



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 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 30,000+ therapists, psychiatrists, and psychologists providing high-quality care to patients across the US.

### Easy-to-use platform

Book and manage appointments and payment directly on our website.

### Affordable and transparent pricing

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

## How it works

1 Scan this QR code



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

## Questions?

For matching support, visit [headway.co](https://headway.co)

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

# Headway in Washington

Headway is the easiest way for WA members to get quality, in-network mental health care

## How It Works

Headway has partnered with Regence to offer talk therapy and medication management to members. Members get access to Headway directly through their benefits with Regence at no additional cost.



### Scale

~880

Providers  
(virtual & in-person)

3.9k

Total Washingtonians  
served

40k

Appointments  
facilitated

### Specialties

87

Providers specialize in  
children & adolescents

18%

Of providers can  
prescribe medication

48

Providers specialize in  
substance use disorder

### Diversity

30%

Of providers identify  
as BIPOC

26

Languages spoken by  
providers

46

Providers speak  
Spanish

### Outcomes

4.4

Average business  
days to 1st appt

87%

Third visit  
retention

84%

Of members see  
PHQ-9 improvement  
within 90 days