

Fast access to high-quality mental health care

SonderMind connects you to our high quality, in-network providers who are available now and can meet your unique needs. With SonderMind's simple and easy-to-use portal, you can schedule sessions either virtual or in-person, message your therapist, submit payments, and view your progress over time.

SonderMind offers:



A seamless experience

SonderMind makes it easy to find a high-quality therapist who is covered by insurance.



Specialized for you

With thousands of SonderMind clinicians, we can meet the unique needs of individuals ages 6+, as well as couples and families.



Fast access to care

Get matched with a clinician who meets your needs and can typically see you within a few days.



Proven results

Our research shows that SonderMind's measurement-based approach is proven to help people feel better, faster—in just 5-7 sessions.

How SonderMind works: FAQs

How do I get started with SonderMind?

Go to sondermind.com. Click 'Meet with a Therapist' to fill out a brief online questionnaire. We'll get you connected with 1-2 clinicians within 48 hours. Decide which clinician is right for you and reach out to request an appointment.

How does SonderMind connect me to a therapist or psychiatric provider?

Finding a therapist can be overwhelming. That's where SonderMind comes in. We'll ask you a few questions to find out what type of help you need and what you're looking for in a provider. We only connect you to providers who take your insurance.

What if I want a different therapist than the one(s) you connected me with?

Connecting with a therapist who's right for you is essential to your mental health journey. You can contact our support team by phone or email at any time and we'll provide additional provider matches for you.

Is SonderMind virtual or in-person?

We offer both. Let us know in the online questionnaire what kind of appointment you want and we'll find a therapist or psychiatric provider who's most convenient for you.

What services does SonderMind offer?

SonderMind offers individual, couples, and family therapy for all ages (6+). Our providers cover over 40 specialties and 60 treatment approaches to meet your unique needs. We also have psychiatry services available in select states.

How long does it take to get an appointment?

SonderMind has appointments available within 48 hours. Most clients have their first appointment within 5-10 days.

Is SonderMind therapy effective?

SonderMind's research shows that our clients get better within 5-7 sessions on average. You and your provider can track your progress in your client portal.

**We're making mental health care
easy, affordable, and effective.
Go to sondermind.com to get started.**

Improve your experience, download the SonderMind app for [iOS](#) or [Android](#)

