



We're rethinking mental health care— for everyone

Everyone deserves access to mental health care. That's why we're making the mental health system work better for patients, therapists, and insurance companies: so patients can find affordable providers focused on supporting them through life's challenges and changes.

Uplift is a behavioral health practice with over 1,000 licensed providers. We help your patients and their families manage symptoms that can affect their daily life and overall health.

Uplift offers

- Individual and family counseling in DC, MD, NJ, VA, and FL
- Primary Care Physician care coordination
- Psychiatry services (*available soon*)
- 24-hour crisis support
- Virtual care for patients 13 years and older
- In-network rates starting at \$0 per session
- Limited in-person appointments
- Affordable self-pay rates

Fast and simple matching with an affordable therapist

Patients can match directly with in-network therapists, whenever it works for them. Your members answer questions to filter for providers who understand them and how to support their unique mental health needs.

Better care for better outcomes

- 84% of people experiencing severe depressions felt those systems lessen
- 3 out of 4 clients say they felt better within 90 days

Support for you and your patients

We offer 24-hour telephone support for Uplift patients in crisis.

Our Customer Experience team also supports providers—we work with your Care Managers seeking post-discharge appointments to meet Healthcare Effectiveness Data and Information Set measures (HEDIS).



Refer your members to Uplift

Scheduling appointments with Uplift is easy. We offer options for patients' different preferences.

- Submit the [this form](#) online or fax the referral to 866-298-5907. We'll then schedule directly with patients.
- Direct patients to [joinuplift.co](#).
- Call our Customer Experience team at 888-380-2028.

Initial therapy appointments available within 1–2 days. Psychiatric appointments available within 5 days.

Learn more about Uplift at [joinuplift.co](#)

If you have any questions, email us at help@joinuplift.co or call us at 888-380-2028.

