

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.



Specialist network

Diverse network of ~40,000 therapists, psychiatrists, and psychologists across the US and in Rhode Island.



Immediate availability

Same-day matching with providers who have openings within 48 hours.



Easy-to-use platform

Book and manage appointments and payment directly on our website.



In-person or virtual care

Book an in-person or virtual appointment with our providers.



Affordable pricing

Headway providers are in-network with your insurance.

How it works

- 1 Scan QR code or navigate to care.headway.co/coverage/BCBSRI



- 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 and scheduling support, visit: care.headway.co/coverage/BCBSRI or contact us at: 1-(888)-863-7889

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

“ I feel much more hopeful about my future after getting connected to my Headway therapist. I've learned healthy ways to practice self-care and am more empowered to care for my own mental health!”

-Headway member