



PRACTICAL | PRIVATE | CONVENIENT | ACCESSIBLE | CONFIDENTIAL

We provide **online talk therapy** to help guide you through some of life's tough moments, so you can create the future you were meant to live.



Your mental health is the best investment you can make.

We believe that nothing is inherently wrong with us, let's face it - life is just hard sometimes. We are here to help guide you through your individual path, which may be blocked by some of life's challenges. We bring guidance and expertise to you through a private and comfortable, virtual approach. Our goal is for you to leave every session feeling empowered and equipped to get the most out of what life has to offer!

Common Questions

Q: What is Modern Therapy?

A: Modern Therapy is an online counseling platform. We make professional counseling available to anyone, anywhere, anytime by removing common barriers to in person therapy.

Q: What areas do you specialize in?

A: Our therapists are clinically trained in techniques that can help individuals dealing with some of the most common life struggles including: Depression, stress, anxiety, career, health, relationships, addiction, self esteem, grief, anger and more.

Q: Who are the counselors?

A: Every therapist is clinically licensed and trained with either a Masters or Doctorate Degree in their field with at least two years post-grad experience.

Q: Is this covered by my insurance?

A: Due to the nature of our monthly **unlimited access membership model**, Modern Therapy is not covered by insurance. That is why we created our pricing to be competitive with a typical out-of-pocket copay. By becoming a modern member, the care you need is within reach whenever you need it.

Pricing Structure

Modern Membership Packages

Our goal is to make therapy more accessible and affordable through membership. By becoming a member, a flat fee covers the use of our platform and unlimited counseling*. If you feel like you've accomplished your goals or no longer have a need for therapy, you can cancel at any time.

\$25/WEEK: unlimited text and email

\$50/WEEK: unlimited text, email, phone and video sessions

One-Time Video or Phone Sessions

One-time sessions are available. Sessions are 50 minutes long and are billed at the time of session.

INDIVIDUAL
\$65

COUPLES
\$99

*Unlimited phone and video sessions are 30 minutes and subject to therapist's availability. You can expect your therapist to respond to text and email messages 2-3 times per day. All packages are billed monthly.

CONTACT US TO SCHEDULE YOUR FIRST APPOINTMENT www.moderntherapy.online

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