

Calmerry Review: Expert Tried And Tested 2024

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Our Reviews Team tested Calmerry's text and video subscription plans. See if the platform could be right for you.

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- Key Takeaways
- Why Trust NCOA

We all go through times when we need someone to listen. But if you're not up to leaving the house to see a traditional therapist, [online therapy](#) could allow you to get the help you need from the comfort of your home. Evidence indicates that [virtual therapy can be just as effective](#) as in-person options for conditions like depression, anxiety, and post-traumatic stress disorder (PTSD). [1]

Calmerry is an online therapy service that connects you with a licensed therapist or counselor for a monthly subscription fee. Depending on your tier, you can chat via text or arrange weekly video sessions, which you can access from anywhere with an internet connection. In our review, we'll cover our experience with Calmerry, go over all its features, and discuss its pros and cons.

Calmerry & services
9.1
Excellent

- Does not accept insurance or provide financial aid
- Price: \$228–\$360 per month
- Offers a 20% off first-month discount
- Text and video-based subscription options

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Our Calmerry review

Calmerry
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Calmerry is a therapy subscription service with a generous first-month discount that gives you access to licensed therapists and psychologists. The platform offers text-based therapy as well as live video sessions.

Key features ▼

Pros and cons of Calmerry ▼

How does Calmerry work?

When signing up for Calmerry, you will first be prompted to fill out a questionnaire describing what brought you to therapy, any symptoms you're experiencing, and what you'd like in a therapist. After completing the questionnaire and choosing your subscription tier, Calmerry uses your answers to match you with a provider. If you find the provider you're matched with isn't a good fit, you can contact customer support to request a new therapist anytime.

If you choose a messaging-only tier, you can begin texting your therapist as soon as you match with a provider. All communications are compliant with the Health Insurance Portability and Accountability Act (HIPAA), and your personal information and messages are encrypted.

Text Therapy

With Calmerry's text-only tier, you'll get access to a private chatroom where you can message your therapist at any time. Your therapist will respond at least twice per day during working hours, five days per week.

Calmerry also offers this messaging feature in the subscriptions with live video sessions. While text-based therapy may be convenient, [David Tzall](#), a clinical psychologist in private practice in Brooklyn, New York, cautions that the text-only tier may not be as effective as video-based options.

"So much is left out when you're just texting," said Tzall. "It can lack tone, body language, and cadence of speaking to someone in real-time. It can also feel like simply advice-giving, which is not the goal or foundation of therapy."

Live video therapy sessions

Calmerry offers multiple subscription tiers with live video sessions. Tiers include one, two, or four 30-minute sessions per month.

“I ended up liking having shorter sessions because they were easier to fit into my day. My therapist let me know that if a therapist on Calmerry started late, you would get an extra 15 minutes tacked onto the end.” – **From our tester**

You can purchase additional video sessions as needed. If you're unsure if video sessions are for you, you can purchase one session to try it out before committing to a video subscription.

Other therapy features

Beyond chats with a licensed therapist, Calmerry also offers access to bonus features via desktop and the mobile app, including:

- A guided journal
- A mood tracker
- A library of self-help resources

The mobile app features a bot assistant named Coa, who guides you through the app's interface and reminds you to track your progress. While our tester enjoyed the mobile app, they found the desktop version glitchy and slow. We recommend using the app to avoid any connectivity issues.

Who is Calmerry right for?

According to Tzall, Calmerry may be a good way for people new to therapy to access care. He said it could give them a place to speak to someone and process their issues at an affordable price.

Since Calmerry is available completely online, it may be a good option for people with limited mobility, privacy concerns, or tight schedules. You can also access it from rural areas or while you're traveling. Although Calmerry doesn't accept insurance, their monthly subscription tiers are often more affordable than traditional therapy and other platforms we've reviewed. This could make it accessible to people with a limited income or those with a small therapy budget.

Who should seek an alternative to Calmerry

While Calmerry can offer the right support for many people, others may need more specialized or comprehensive care than what Calmerry can provide. Additionally, it only offers individual therapy—there are no options for couples counseling or family therapy.

You should seek an alternative to Calmerry if you:

- Want counseling for violence or substance use disorder
- Need medication or psychiatric care
- Want to pay for your therapy with insurance
- Seek couples or family therapy
- Would prefer an in-person therapist
- Are in a crisis or life-threatening situation

Types of counseling offered by Calmerry

All of Calmerry's practitioners have either a master's or doctorate degree in their field. Calmerry's therapists include clinical psychologists, social workers, licensed professional counselors, and marriage and family therapists.

Many of Calmerry's therapists practice techniques such as:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Interpersonal Therapy
- Solution-Focused Brief Therapy
- Humanistic Therapy
- Narrative Therapy
- Trauma-Specific Therapy
- Eclectic Therapy

Some of the specific issues Calmerry can address include:

- Depression
- Anxiety
- Trauma
- Attention Deficit Hyperactivity Disorder (ADHD)
- Chronic Pain
- Grief and loss
- Obsessive Compulsive Disorder (OCD)
- Parenting
- Self-esteem
- Sexuality
- Family and relationships (individual sessions only)

Does Calmerry prescribe medication?

Calmerry doesn't provide access to psychiatrists who are [qualified to prescribe](#) medication. [2]

If you're interested in pursuing a diagnosis, medication, or other psychiatric care needs, have a look at our recommendations for the [best online psychiatrist platforms](#).

Can I receive a mental health diagnosis through Calmerry?

No. While some of Calmerry's therapists are psychologists who are qualified to [diagnose mental health conditions](#), Calmerry doesn't offer screening or testing services. [3]

How much does Calmerry cost?

Calmerry subscriptions cost between \$228–\$360 per month. The platform automatically gives you a 20% discount for the first month, bringing the cost to \$198–\$295 for the first billing cycle. You can view the price of all of Calmerry's subscription tiers below.

Subscription	Features	Price
Messaging only	– Unlimited messaging with your therapist – Access to the journal, mood tracker, and self-help library	\$198 for the first month; \$228 afterward
Messaging + one live video per month	– One 30-minute live session per month – Unlimited messaging with your therapist – Access to the journal, mood tracker, and self-help library	\$247 for the first month; \$298 afterward
Messaging + two live videos per month	– Two 30-minute live sessions per month – Unlimited messaging with your therapist – Access to the journal, mood tracker, and self-help library	\$264 for the first month; \$310 afterward
Messaging + four live videos per month	– Four 30-minute live sessions per month – Unlimited messaging with your therapist – Access to the journal, mood tracker, and self-help library	\$295 for the first month; \$360 afterward

Calmerry also offers the ability to try a one-time 60-minute video session. It costs \$120, which includes a welcome discount. If you purchase a subscription with four 30-minute video sessions, you can combine them into two 60-minute sessions.

Does Calmerry take Medicare or other insurance?

Calmerry doesn't accept Medicare, Medicaid, or private insurance, but they can provide a receipt that you can submit to an insurance provider for reimbursement. We recommend you call your insurance provider to discuss your mental health coverage options first.

If you're looking for an [online therapy platform that accepts insurance](#), platforms like Talkspace, Zocdoc, or Monument may better fit your needs.

Does Calmerry offer financial aid?

Calmerry doesn't offer direct financial aid. That said, [third-party financial aid programs](#) may be able to help pay for your online therapy, such as employee assistance programs (EAPs). [4] If you need financial aid to pay for therapy, consider looking into [behavioral health assistance programs](#) for older adults in your area.

Comparison of online therapy platforms as of March 2024

	Calmerry	BetterHelp	Talkspace	Online-Therapy.com
	Visit Site	Visit Site	Visit Site	Visit Site
Monthly cost*	\$228–\$360	\$240–\$360	\$276–\$436	\$160–\$352
Therapy options	Text and video	Text, audio, and video	Text, video, and group workshops	Text, audio, and video
Insurance accepted?	No	No	Yes	No
Financial aid?	No	Yes	No	Yes
Prescriptions available?	No	No	Yes	No

*Excluding promotions or discounts

How we evaluate online therapy platforms

Based on our independent research and consultations with mental health experts, our Reviews Team determined the following factors to be important when looking for online therapy:

- Overall cost
- Total value of the proposed services
- Whether it accepts insurance
- Potential discounts or financial aid
- Transparent billing practices
- Whether the technology is easy to use
- Ability to filter therapists or psychiatrists by preferences or specialties
- Ease of scheduling appointments
- Accessibility across different ZIP codes
- Reliability of customer service
- Ability to switch providers

We also consulted with independent mental health professionals for their insights into the benefits and drawbacks of online therapy to aid our reviews.

In case of emergency

Trying to find help during a crisis can be exhausting. In an emergency or crisis situation, it isn't safe to wait for a therapy appointment. If there is an emergency, including plans to harm yourself or others, call 911. If you are having suicidal thoughts or experiencing a crisis, you should seek in-person care immediately. You can also call or text the [988 Suicide & Crisis Lifeline](#).

You may be [experiencing a mental health crisis](#) if you are [5]:

- Feeling sad or depressed most of the time
- Acting violently (punching a hole in the wall, fighting with other people)
- Feeling anxious or agitated
- Feeling hopeless or like there's no reason to live
- Not taking care of yourself (not brushing your teeth or hair, eating, drinking)
- Not sleeping
- Having mood swings
- Using substances like drugs and/or alcohol to help with depression or to numb the pain that you may be feeling
- Writing a will or getting your affairs in order

Bottom line

Calmerry offers a convenient way to access text and video-chat therapy sessions from the comfort of your home or anywhere with an internet connection. While it doesn't accept insurance, including Medicare or Medicaid, it has several low-cost subscription tiers that can make it accessible to those who cannot afford traditional therapy. However, experts caution that the text-only tier may be less effective than video options.

Frequently asked questions

Calmerry vs. Talkspace: Which is better? ▼

How does Calmerry work? ▼

Does Calmerry provide financial aid? ▼

How does Calmerry protect user data privacy? ▼

Have questions about this review? Email us at reviewsteam@ncoa.org.

Sources

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Kathleen Cameron, BSPHarm, MPH, has more than 25 years of experience in the health care field as a pharmacist, researcher, and program director focusing on falls prevention, geriatric pharmacotherapy, mental health, long-term services and supports, and caregiving. Cameron is Senior Director of the NCOA Center for Healthy Aging, where she provides subject matter expertise on health care programmatic and policy related issues and oversees the Modernizing Senior Center Resource Center.

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