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# Thriveworks Online Therapy and Psychiatry Review: Expert Tested in 2024

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We tested the Thriveworks platform to help you decide if it can provide the right mental health care for you.

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- What is Thriveworks?
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Therapy can help you take charge of your mental health and [address the root cause](#) of your emotional concerns. If you don't have access to any therapists nearby, feel more comfortable in your home, or live with mobility challenges, online therapy can offer a convenient and [effective alternative](#) to in-person therapy for most mental health concerns.

Thriveworks offers telehealth therapy services in most states and Washington, DC. Its practitioners can address a wide variety of conditions, such as [depression](#), [anxiety](#), [obsessive-compulsive disorder \(OCD\)](#), and more. While its out-of-pocket expenses for individual therapy sessions fall on the more expensive end of the [best online therapy](#) platforms we've reviewed, it also accepts many insurance plans, which can lower your overall payment.

Read about our experience with Thriveworks below, and see how it compares to other platforms.

## BetterHelp: Our Alternative Pick

While Thriveworks therapists accept insurance, out-of-pocket prices can be expensive, and therapists aren't available in every state. If you're looking for a more widely available platform that offers a therapy subscription at more affordable out-of-pocket rates, a service like [BetterHelp](#) may be better for you.

**Best Alternative**

- Out-of-pocket cost of \$260-\$400 per month.
- Therapists available in every state.
- Offers bonus features like group sessions and journaling.

9.9

Exceptional

★★★★★

Visit Site

## Thriveworks overview

**Thriveworks**

**Thriveworks**

8.6

Very Good

★★★★☆

Visit Site

**Features**

- **Best for:** People who want the option of both in-person and online therapy and don't want to pay a monthly subscription.
- **Cost:** Varies by state.
- **Session lengths:** 50-60 minutes.
- **Types of services offered:** Online therapy, in-person therapy, online psychiatry.
- **Providers can prescribe medication:** Yes, through psychiatry.
- **Accepts insurance:** Yes.

**Pros and cons of Thriveworks** +

**Insights from our testers** +

**🚨 In a mental health emergency:**

Online therapists may not be the most appropriate resource to help in a mental health crisis. If you or someone you know is a danger to themselves or others around them, it is an emergency and cannot wait for an online therapist's response.

Don't wait. You can find help immediately by:

- [Visiting urgent care](#)
- [Calling or texting 988 for the Suicide & Crisis Lifeline](#)
- [Chatting online at 988lifeline.org](#)
- [Calling the Substance Abuse and Mental Health Services Administration's \(SAMHSA\) Helpline at 800-662-4357 or texting your zip code to 435748](#)

All the above options will connect you with trained professionals who can provide crisis support. You can find even more resources, including international options, on our [helpline directory page](#).

## Our testing experience



Collectively, the Handbook Team has put in more than 10,000 hours of research, testing, and evaluation to review different online therapy and psychiatry platforms, down to the fine print. We write our reviews to guide you in finding a provider who can best fit your mental health care needs.

Our Handbook Team has consulted with more than 60 mental health experts in total. We ask for details on when online therapy can be beneficial and when online mental health care is not appropriate. For example, we learned that in the case of someone with [agoraphobia](#), experts told us that in-person sessions are more meaningful to the individual's progress compared to avoiding exposure therapy by exclusively attending online appointments.

Our challenge is to test and evaluate the features and experience of the platforms rather than the care from individual providers.

## How we tested Thriveworks

### HelpGuide *Handbook* for Our Online Therapy Testing Process

- 1 Fill out the intake assessment.
- 2 Subscribe as a new user.
- 3 Match with a provider based on preferences.
- 4 Evaluate appointment availability and convenience.
- 5 Review what insurances are accepted, if applicable.

- 6 Use and evaluate the therapy services for 4 weeks.
- 7 Explore platform features such as journals, worksheets, and group sessions.
- 8 Switch therapists/psychiatrists, if applicable.
- 9 Contact customer support with questions and any issues.

Our tester explored Thriveworks and attended online therapy sessions for four weeks. They tried the platform through the lens of a real user throughout every step, from onboarding to cancellation. They recorded their experience in a diary and shared their findings with us at the end of the testing period. We use their firsthand insights in our Thriveworks review to bring their findings to you.

## Compare Thriveworks with other online therapy/psychiatry platforms

	<a href="#">Visit Site</a>	<a href="#">Visit Site</a>	<a href="#">Visit Site</a>	<a href="#">Visit Site</a>
<b>Types of care offered</b>	Online therapy, in-person therapy, and online psychiatry	Online therapy	Online therapy and psychiatry	Online psychiatry
<b>Cost</b>	Varies by location	\$260-\$400 per month	\$276-\$436 per month	Varies by insurance plan
<b>Accepts insurance?</b>	Yes	No	Yes	Yes
<b>Can prescribe a controlled substance?</b>	No	No	No	Yes, in some states

## Thriveworks cost and payment options

Thriveworks allows you to pay by credit card, debit card, health savings account (HSA), flexible spending account (FSA), or employer health reimbursement arrangement (HRA).

Individual out-of-pocket therapy session costs vary between states, but many initial sessions start at \$200, with subsequent sessions costing less. For example, in Georgia, the initial session costs \$200, while follow-up sessions cost \$160 each.

Thriveworks also offers [online psychiatry](#) in 22 states and Washington, DC. Again, the cost per session varies by location. However, initial sessions generally cost \$300 out-of-pocket, with the price decreasing for follow-up sessions. For instance, in Georgia, the initial evaluation costs \$325, and follow-up sessions cost \$210 each.

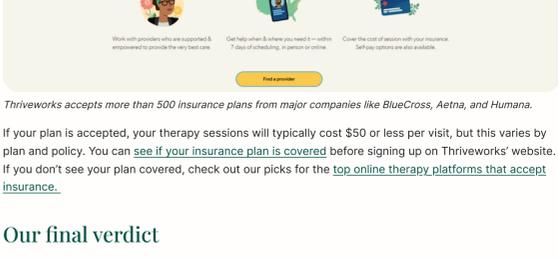
If you're looking for more low-cost sessions than Thriveworks offers, look at our picks for the [best affordable online therapy platforms](#).

## Insurance options

Thriveworks accepts more than 500 insurance plans, including options from the following companies:

- [Aetna](#).
- [Blue Cross/Blue Shield](#).
- [Cigna](#).
- [Humana](#).
- [Tricare West](#).
- [Optum/United Healthcare](#).
- [Beacon Health](#).
- [Tufts Health Plans](#).

The platform accepts Medicare, but it only accepts Medicaid at Thriveworks facilities in McDonough, Georgia, and Newark, Delaware.



Thriveworks accepts more than 500 insurance plans from major companies like BlueCross, Aetna, and Humana.

If your plan is accepted, your therapy sessions will typically cost \$50 or less per visit, but this varies by plan and policy. You can see if [your insurance plan is covered](#) before signing up on Thriveworks' website. If you don't see your plan covered, check out our picks for the [top online therapy platforms that accept insurance](#).

## Our final verdict

If you want a therapist who accepts your insurance or can offer both online and in-person sessions, Thriveworks could provide the flexible solution you want. Our tester tells us the site is easy to use and that they were able to connect with a caring therapist who formulated an in-depth treatment plan with solutions they can actualize during their normal daily routine.

That said, Thriveworks doesn't have online therapists available in some states, and while they accept many insurance plans, their per-session cost can be expensive. So, if you want an online therapy platform with a wider variety of providers or more affordable out-of-pocket costs, look at some of our other [online therapy platform reviews](#) to find a good fit.

## Frequently asked questions

- How much does Thriveworks cost for online therapy? +
- How does Thriveworks work? +
- Can Thriveworks prescribe medication? +

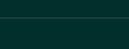
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