HelpGuide Handbook Team: Our editorial team is a diverse group of mental health professionals and writers who are dedicated to delivering high-quality, evidence-based, and accessible information.

Open Path Collective Review: Tested by Our Expert Team in 2024

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Open Path Collective provides mental health care for low-income and underserved people. How does their quality of care compare with other online therapy services? We tested their service to find out.

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Open Path Collective overview
How Open Path Collective works
Cost and payment
Our testing experience
Compare Open Path Collective
Our final verdict
FAQ

Why trust us +

Key takeaways

- While signing up is more time-consuming than BT, BH, Individual therapy costs between $40-$70 per session with a licensed therapist.
- No, You need need an income cutoff, have inadequate insurance, or be unable to afford full price therapy to qualify for an Open Path membership.
- Open Path Collective can be a good option for anyone who is financially struggling to afford online therapy.

According to the American Psychological Association (APA), cost is the most common reason people in America do not seek mental health treatment. There is research that shows a significant association between income and mental health treatment. Fortunately, there are ways to find affordable therapy (your stress levels and load to other concerns the economic weight gets worse, and depression).

There are therapy services that aim to make mental health care more affordable. Open Path Collective provides access to a network of therapists and therapist interns who charge clients between $40-$70 per qualified clients. Many of the practitioners affiliated with Open Path provide affordable online therapy services and accept insurance. Open Path also offers a wide range of specialties, ethnicity, or empty profile therapists and convenience of attending therapy sessions online.

How does Open Path's quality of care compare with other online therapy services? To find out, our Handbook Team tested signing up for sessions and review the platform.

Open Path Collective highlights

Open Path Collective

open path collective

Start Here

Features

- **Best for:** People who can't afford traditional therapy or who don't have insurance that covers mental health care.
- **Cost:** $40-$70 per session for individual therapy, $40-$80 per session for couples or family counseling, $20 per session for individual sessions with student intern therapists.
- **Insurance accepted?** No.
- **Session length:** 50 minutes.
- **Types of therapy offered:** Individual therapy, couples therapy, family therapy and psychiatric consultations.
- **Therapist features:** Offers live therapy sessions for uninsured or underinsured people who can't afford full-price therapy sessions.

Pros and cons +

Our experience with Open Path Collective

Overall, we found Open Path's therapy directory convenient to use, with a diverse selection of therapists across multiple states that don't need to meet specific financial requirements to join the directory. We were very impressed with the range of filters you can use to narrow your search for a provider, including specialties, ethnicity, and gender identity. However, we found the process of signing up for sessions was not as disappointed that there is not an option to filter providers by gender.

Who may like Open Path Collective: Those who live in a household that makes less than $100,000 per year, don't have adequate mental health insurance, or can't afford full-price therapy.

Who may want to avoid Open Path Collective: Anyone who wants to use insurance to pay for online therapy or about waiting for a session to pick up.

> "When I was searching for a therapist years ago, I faced many barriers. All the options I found were too expensive, and I'd come across something that looked affordable, it ended up being more of a bait than a real person who could help. I felt hopeless and defeated. I wish I knew about Open Path then. I could've saved enough hour valuable it is to have an accessible platform like this."

What is Open Path Collective?

Open Path Collective is a non-profit organization that connects people who can't afford traditional therapy with therapists who offer sessions at reduced rates. To qualify for an Open Path membership, you'll need to:

- Have an annual household income of less than $100,000.
- Have no health insurance, or insurance that doesn't provide affordable access to in-network mental health care.
- Be unable to afford regular price therapy, which Open Path defines as $80-$220 per session.

Open Path provides offer individual therapy, couples counseling, and family therapy. Standard sessions last 50 minutes, but some therapists may have availability for slightly longer sessions.

How does Open Path Collective work?

Open Path Collective provides access to a large and diverse network of online therapists, which you can view before signing up. There is not a mobile app, but you can access and use the website from a desktop browser, phone, or tablet.

All therapists listed in Open Path's directory are in private practice, so they may offer different ways to schedule sessions and different cancellation policies. Most Open Path therapists offer live therapists and even appointments directly through Open Path, or contact therapists at their practice.

Open Path charges a one-time membership fee of $65, which goes toward the non-profit group's operating expenses. After that, you'll pay the therapist's sliding scale fee for individual sessions.

How to match with an online therapist on Open Path

On Open Path Collective, you'll choose your own therapist after reviewing your options. The selection of therapists is diverse, and you can filter by specialties, ethnicity, and gender identity. We found the process was based in Minnesota and had full-time therapists to choose from, rather than relying on professionals, but changing the search location to other great cure for lasters just 36 online therapists to choose from.

We appreciate how thorough the filter options are in the therapist directory. When searching for a therapist, you can filter profiles by:

- Cost per session.
- Language.
- Therapists race or ethnicity.
- Therapy type (individual, couples, family, group).
- Specialty (e.g., addiction, spirituality, anxiety).
- Age (looking for a teen, adults, adults age 55 and older).
- Treatment style.

You can filter results to more than 150 mental health concerns, like anxiety, depression, attention deficit hyperactivity disorder (ADHD), bipolar disorder, stress, grief, family conflict, and addiction. And there are many specialties, including cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), acceptance and commitment therapy (ACT), exposure and response prevention (ERP), eye movement desensitization and reprocessing (EMDR), and internal family systems (IFS).

That said, we were disappointed that these sessions filters didn't include options to filter by gender identity or LGBTQ+ therapists.

> "Even quite important for me because the filter options are, if I was looking for a really specific type of therapist, treatment model, or specialty, this would be the place to look for something like that."

After choosing a therapist intern, one of our testers had a free initial phone consultation with them before starting therapy through the platform, followed by a video session. The tester also reached to fill out an additional onboarding health form with their therapist intern's private practice.

How to sign up for an Open Path Collective online therapy

To sign up for an Open Path membership, you'll click "Join" from the home page navigation bar and then select "Sign up for a therapist." From the dropdown menu, from there, you'll fill out the application form, which includes your name, address, and contact information. You'll also need to provide a copy of your income verification, such as a pay stub or a leading your current income level and any essential expenses, such as the cost of your rent/mortgage or student loan payments.

Online Wellness Courses

In addition to online therapy, Open Path offers some social and emotional wellness courses, which you can access for a one-time fee of $4.99.

Personal wellness courses are self-paced and include options like:

- Anxiety and stress reduction.
- Self-esteem 101.
- Grief and loss.
- Communication skills.
- Relationships 101.
- Financial wellness.
- Mindfulness meditation.
- Mental social media.

Additionally, Open Path has a selection of courses that are approved to meet court ordered requirements, such as:

- Anger management.
- Alcohol and other drugs.
- Domestic violence.
- Battery intervention.
- Parenting 101.
- Co-parenting and divorce education.
- Shoplifting.

If you need a course completion certificate for court ordered therapy, you'll need to pay an extra fee of $20 per course. Taking the courses for court ordered reasons, you'll only need to pay the one-time membership fee.

What other users are saying

According to our October 2023 PulsePoll survey of 600 online therapy users, cost was the most common reason given for discontinuing treatment, followed by lack of insurance coverage.

We appreciate that Open Path provides options for those who can't use insurance for online therapy, or that have higher out-of-pocket subscription fees.

That said, beyond wellness courses, Open Path doesn't offer services or stress that because that some scenes inappropriately find inpatient, such as support groups, group therapy, and workshops.

How much does Open Path Collective cost?

All therapists registered with Open Path Collective set their own rates, but every session costs between $40-$70 for individual therapy, $40-$80 for couples or family therapy, and $20 for a session with a student therapist. Additionally, you'll pay a one-time $65 membership fee to Open Path for access to the platform.

Open Path is one of the most affordable online therapy options we tested, but keep in mind that if your financial situation changes and you no longer meet the membership criteria, Open Path may discontinue your membership or ask you to pay an increased rate for sessions with your therapist.

Is Open Path Collective covered by insurance?

No. Open Path Collective only serves people without insurance or with plans that don't provide affordable mental health services to network. For example, to qualify for Open Path, your plan should have a high deductible you can't afford or a co-pay that's more than the cost of a session.

If you need to find a platform that accepts your insurance, read our review of the best online therapy platforms that take insurance.

How to save money on Open Path Collective

Open Path Collective offers therapy sessions at a discounted price, so it doesn't provide any additional financial aid options or seasonal discounts.

That said, if you're willing to see a student therapist intern, you'll pay a flat rate of $20 per session, which is $10 less than the lowest per session cost for a certified Open Path therapist. One of our testers worked with a student therapist and said they felt comfortable with the process.

From one of our Open Path testers

> "I could tell (my student therapist) was really listening to what I said. (The social works and nurses) talked and she ended spoke by something I had discussed earlier back into our conversation, which made me feel heard."

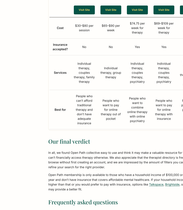
Our experience with Open Path Collective customer service

Open Path offers live chat on their website, available from 9 a.m. to 6 p.m. ET, Monday through Thursday. You can also email them at info@openpathcollective.com.

Open Path promises an email response within 48 hours. When one of our testers emailed customer service, they had a response to their question within seven hours.

Our Open Path Collective testing experience

We spent more than 10,000 hours researching online platforms, considering more than 70 mental health concerns, conducting focus groups with 2,000 people and interviewing 20 online therapy users. We combined this information with our firsthand testing experience to bring you the most up-to-date online therapy information provides.



When testing Open Path Collective, we thoroughly assessed their:

- Therapist selection.
- Affordability.
- Therapy session quality.
- Website ease of use.
- Customer service responsiveness.

HelpGuide Handbook for Our Open Path Collective testing process

- Fill out onboarding criteria.
- Contact customer support with questions.
- Contact a therapist and book an appointment.
- Assess the steps to select a therapist.
- Attend video therapy sessions for four weeks.
- Cancel membership.

Compare Open Path Collective to other online therapy platforms

While Open Path is one of the more affordable online therapy options we've tried, it doesn't accept insurance. Other options that do accept it also doesn't provide access to psychiatric care or prescription medication. If you need access to online therapy for anxiety, depression, addiction, or another mental health concern, but don't qualify for Open Path, explore more therapy options below.

	open path collective	BetterHelp	Brightside	Talkspace	SESAME
	Visit Site	Visit Site	Visit Site	Visit Site	Visit Site
Cost	$30-$80 per week	$60-$90 per week	$79.75 per month for therapy	$69-$109 per week for therapy	Varies by therapist
Insurance accepted?	No	No	No	Yes	Yes
Services	Individual therapy, couples therapy, family therapy	Individual therapy, group therapy	Individual therapy, couples therapy, psychiatry	Individual therapy, couples therapy, psychiatry	Individual therapy, couples therapy, family therapy, psychiatry
Best for	People who can't afford traditional therapy or who don't have mental health insurance	People who want to try online therapy out at a cheaper price	People who want to combine online therapy with online psychiatry	People who want to use their mental health insurance for therapy with insurance	People who prefer to pay a monthly fee for online therapy

Our final verdict

In all, we found Open Path Collective easy to use and think it may make a valuable resource for those who can't financially access therapy otherwise. We also appreciate that the therapist directory is free to browse without first creating an account, and we are impressed by the amount of filters you can use to narrow your search for a provider.

Open Path membership is not perfect since it costs more than a household income of $100,000 or has per year and don't have insurance, but alternative affordable mental healthcare, such as Talkspace, BetterHelp, or Sesame may provide a better fit.

Frequently asked questions

Who was Open Path Collective created for? +

How much does Open Path Collective cost? +

Does online therapy work to treat depression? +

References +

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