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3 Best Online Therapy Platforms for Teens in 2024

Updated: October 21, 2024

It's important to find a therapist you and your teen can trust. Read our recommendations for the best online therapy for teens to learn which platform is right for your family.

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[Why trust us](#)

Key takeaways

- TeenCounseling is our pick for the best online therapy for teens overall because the platform offers trained and licensed therapists working within many specialties, and users take an active role in choosing the best provider for their needs.
- Teen online therapy users without insurance can expect to pay between \$260 and \$436 per month for therapy sessions and as much as \$10,000 for 12 weeks of intensive online therapy.
- Based on survey results, focus group responses, and our first-testing experience, we have found that pricing, therapist availability, privacy, and the types of therapy offered are important factors to consider.

If your teen is experiencing mental health challenges, they're not alone. In 2022, one in five teens reported symptoms of depression or anxiety, and LGBTQ+ and racial and ethnic minority youth are at even greater risk.

Even when you know your teen needs help, it can be hard to find consistent care. Find out if one of our three recommended teen therapy platforms (or one recommended online psychiatry platform) is the right online counseling platform for your family.

3 best online therapy services for teens of 2024

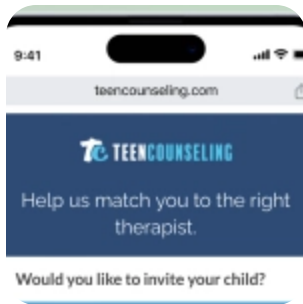
- **TeenCounseling**: Best overall
- **Charlie Health**: Best outpatient intensive therapy for teens
- **Talkspace**: Best text therapy for teens

Our pick of the best online psychiatry platforms for teens

- **Talkiatry**: Best psychiatry and medication management for teens

TeenCounseling: Best overall

Best overall



[Visit Site](#)

Call-outs

- **Price:** \$260–\$360 per month.
- **Accepts insurance:** No, but does accept HSA/FSA cards.
- **Types of therapy:** Individual therapy.
- **Financial assistance available:** Yes, during the sign-up process.
- **Communication with therapist:** Phone, video, and chat.

Our experience: Our testers loved TeenCounseling because of its flexible scheduling and the large selection of therapists available. We appreciate that TeenCounseling therapists are specifically trained to provide therapy to teens. We were also impressed that teens can choose from video, audio, and messaging to communicate with their therapist and select the most comfortable method.

Pros & Cons

+

Why TeenCounseling is our pick for best overall

TeenCounseling is our best overall pick for online therapy for teens because its large selection of therapists makes it easy to start therapy quickly. If you don't like your initial therapist, the platform makes switching easy. The platform also offers different types of therapy, like [cognitive behavioral therapy \(CBT\)](#), that can help teens manage anxiety and [depression](#). Testers also like that parents and teens can communicate separately with the therapist in the TeenCounseling messaging app.

Who may like TeenCounseling: TeenCounseling is the best option for teens looking for flexible scheduling and a therapist specifically trained to provide therapy to teenagers.

Who may want to consider other options: TeenCounseling doesn't accept insurance, so it isn't the best choice for someone who hopes to use their mental health coverage for online teen therapy.

TeenCounseling tester insights

One of the things we like best about TeenCounseling is the ease with which users can find and set up appointments with therapists who specialize in adolescent care. One of our testers met with a therapist within three days of creating an account. When the therapist's schedule didn't match their child's, they requested a new therapist by selecting "Change therapist" from the "More" menu in the app. They then received a list of therapists matching their child's needs and preferences.

The tester could select a new therapist after reviewing the following provided information:

→ Therapist bio, including licensure and other credentials.

- Reviews of therapists from other TeenCounseling users.
- Therapist years of experience and clinical approaches.
- Therapist availability (open appointments are visible on a calendar).

The tester selected a new therapist and scheduled an appointment for the following week. After scheduling, it's easy to message the therapist using either the TeenCounseling mobile app or the platform's desktop version.

You can use the TeenCounseling app to message your therapist, book appointments, switch therapists, and complete digital journal entries.

The TeenCounseling app is useful for scheduling appointments, attending sessions, and communicating with your therapist. The app and desktop versions of the platform also include a digital journal with daily prompts, like "Some ways my anxiety has helped me achieve something are..." and "If my angry parts were allowed to speak up unfiltered for one minute, they would say..." Teens can choose to share their journal entries with their therapist, but otherwise, their responses remain private. Your therapist may also send worksheets for your teen to complete before the session. Our tester appreciates that the therapist sends worksheets about her teen's interests, fears, and goals for therapy.

In our testing experience, TeenCounseling therapists did a good job of staying connected to parents while respecting the teen's privacy. Before each session, the therapist asked to connect with the parent for 10 or 15 minutes. This way, parents can learn ways to support their teen's therapy journey. When appropriate, teens and parents may meet with the therapist together to work through communication issues or discuss goals for therapy.

From one of our TeenCounseling testers:

"My teen, I think he's embarrassed to go to an office for a therapy appointment. Even though we talk about the importance of mental health at home, that stigma about therapy is still there. Doing therapy from his own room makes the whole process more approachable."

What other TeenCounseling users say

In our February 2024 survey of 100 parents with children who used the TeenCounseling platform, 82 percent felt the therapist provided a safe space for their teen, and 77 percent saw a reduction in the symptoms that led their teen to therapy in the first place.

Read more in our [TeenCounseling review](#).

Charlie Health: Best outpatient intensive therapy for teens

Best outpatient intensive therapy for teens

[Visit Site](#)

Call-outs

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- **Price:** \$8,000–\$10,000 for a 9–12 week program.
- **Accepts insurance:** Yes, as well as HSA/FSA cards.
- **Types of therapy:** Intensive therapy program
- **Financial assistance available:** Yes
- **Communication with therapist:** Video
- **Our experience:** Our testers love that Charlie Health provides an online, intensive therapy program for teens who require long-term or specialized mental health care. While this program is expensive out of pocket, it is in-network with many major insurance providers.

Pros & Cons

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Plans and cost

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Why Charlie Health is our pick for best outpatient intensive therapy

Charlie Health is our top pick for online intensive outpatient care for teens. This platform prioritizes teens who are transitioning from inpatient care or are attending weekly therapy sessions but are still struggling with their mental health. We like that the program provides a unique care plan for each teen, including peer support and as-needed referrals for [online psychiatry](#).

Who may like Charlie Health: Charlie Health is a great option for a teen who would benefit from intensive outpatient care but lives in a “therapy desert” or a region with inadequate in-person outpatient therapy options.

Who may want to avoid Charlie Health: Charlie Health is a 9 to 12-week program that costs between \$8,000 and \$10,000. Because it is expensive, it is not a great option for uninsured or underinsured individuals.

Charlie Health tester insights

Intensive outpatient programs (IOPs) offer a higher level of care than weekly therapy sessions, but a lower level of care than inpatient treatment. In IOPs, patients typically see mental health providers multiple times per week and engage in both individual and group therapy. Patients in IOPs have detailed care plans that may include therapy, psychiatry, and medication management. Charlie Health is an online IOP specializing in teens and young adults. Common conditions treated by Charlie Health include anxiety disorders, depression, trauma, self-harm, and substance abuse disorders. Teens enrolled in Charlie Health usually follow this schedule:

- One individual therapy session each week.
- One or two hours of family therapy each week.
- Three days per week of peer-focused group therapy in three-hour sessions.
- Referrals to psychiatrists, as needed.

Charlie Health could be a good option if your teen was recently discharged from a residential treatment program, partial hospitalization program, or an emergency department. The program also serves high-risk teens who haven't been hospitalized but aren't getting the support they need through weekly therapy sessions. The Charlie Health representative we spoke to emphasizes that intensive therapy is simply accelerated therapy. In other words, it's the same amount of therapy you might receive over several months, but condensed into nine to 12 weeks, which is typically the length of time insurance will cover this type of program.

Click their website's "Get Started" button to apply for the program. You'll be prompted to answer simple questions about your teen and provide insurance information. The care team will reach out within days of receiving your information, and if you want to talk to someone sooner, you can call their customer service line. The Charlie Health representative our tester spoke to was helpful and understanding. When one of our testers shared that Charlie Health might not be the best fit for their child, the representative asked if the care team could reach out anyway to provide resources—like other outpatient programs or support groups—that could benefit their child.

What other Charlie Health users say

Peer support groups are a major component of the Charlie Health program. Nine hours per week are spent in facilitated groups. In our April 2024 anonymous survey of teen online therapy users, several respondents pointed to peer support as a way to seek relief from mental health issues. [Research](#) also supports this approach, suggesting that peer support among young adults can lead to greater self-esteem and reduced symptoms of depression.

Learn more in our full [Charlie Health review](#).

Talkspace: Best online text therapy for teens

Best online text therapy for teens

[Visit Site](#)

Call-outs

- **Price:** \$276–\$436 per month.
- **Accepts insurance:** Yes, as well as HSA/FSA cards.
- **Types of therapy:** Individual therapy.
- **Financial assistance available:** Yes, during the sign-up process.
- **Communication with therapist:** Phone, video, and chat.

- **Our experience:** Our testers appreciate the unlimited messaging included with all of Talkspace’s therapy plans and the platform’s scheduling flexibility. Talkspace also accepts insurance, making it an affordable option for many families with mental health coverage.

Pros & Cons

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Plans and cost

+

Why Talkspace is our pick for best online text therapy for teens

Talkspace is our top pick for texting therapy for teens. We like that the platform makes it easy for teens to reflect on their progress regularly and check in with their therapist. All subscription plans include unlimited messaging with your provider, and the app includes regular assessments to help track symptoms. We also like that Talkspace accepts payment from many large insurance carriers and provides [free online therapy](#) for all [New York City teens](#).

Who may like Talkspace: Talkspace offers messaging, video, and audio live therapy sessions, making it a good fit for a teen who may not feel comfortable with video therapy sessions.

Who may want to avoid Talkspace: Talkspace only offers 30-minute therapy sessions, so it isn’t the best fit for a teen with more extensive therapy needs.

Talkspace tester insights

Most of today’s teens are comfortable navigating a smartphone and communicating via text messages. Text therapy options for young people are growing, and [studies](#) show these interventions can help reduce [symptoms of depression](#) and anxiety. Still, some experts worry that even the [best online text therapy](#) may not be enough to help struggling teens.

“Texting is not a suitable form of therapy for the same reason that texting is not suitable for resolving conflict or diving into difficult topics,” Danda says. “Effective therapy requires true communication and connection that is only obtained through tone, facial expressions, and real-time back-and-forth conversation present in face-to-face interactions, whether in person or online. Texts are more easily misinterpreted.”

For this reason, it may be best for teens to use texting therapy as an addition to live therapy sessions rather than a replacement.

We love the symptom tracker in the Talkspace app, which is a great tool for encouraging self-reflection in teens. The easy onboarding process is another reason to choose the platform. One of our testers had their first session with a provider just four days after creating an account, including switching therapists.

Compared to other online therapy platforms for teens, Talkspace may provide fewer opportunities for parental involvement, especially if your teen signs up for a text-only plan. The platform is currently not set up to support [online family therapy](#). If you choose the texting plan, you may be unable to discuss important issues with your child’s therapist face-to-face. Also, Talkspace video sessions are only 30 minutes long, instead of the 45-minute or longer sessions offered by other platforms.

What other Talkspace users say

In our October 2023 survey of 600 online therapy users, more than half of Talkspace users connected with a mental health provider for their first appointment within one week of signing up for the platform. In our February 2024 survey of 100 Talkspace users, 90 percent somewhat or completely agree that they had positive interactions with their therapist.

Handbook Tip #1

We asked child psychologist Dr. Caroline Danda how parents should approach a teen who isn’t initially interested in therapy. Here are her tips:

- **Make observations to validate the challenge the teen may be experiencing.** For example, "I've noticed you are having a lot of anxiety around friendships lately. I think getting an outside perspective and support might be helpful." Acknowledge that you may not fully understand and are unsure of the best way to help, but you want to ensure they feel supported.
- **Offer choices when possible.** Narrow the options and ask the teen to select the best fit for them. Giving them a sense of control can increase their buy-in.
- **Contract with the teen to attend a few sessions.** Suggest the teen attend a few initial sessions with an open mind, and then they can decide whether it's a good fit or they'd like to explore other options.
- **Meet with the therapist first.** Meeting the therapist beforehand lets you get your questions answered and conveys that you're all working together. Even if your teen is initially unwilling to engage in therapy, you can still find effective guidance from the therapist on how to best support your child.

Learn more in our [Talkspace review](#).

Talkiatry: Best online psychiatry and medication management for teens

Best online psychiatry and medication management for teens

[Visit Site](#)

Call-outs

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- **Price:** Average copay of \$30 per session.
- **Accepts insurance:** Yes, as well as HSA/FSA cards.
- **Types of therapy:** Psychiatry
- **Financial assistance available:** No
- **Communication with therapist:** Video
- **Our experience:** Our testers are impressed by Talkiatry's affordable and flexible medication management with board certified psychiatrists, making it a good fit for teens with busy schedules or limited access to in-person psychiatry.

Pros & Cons

+

Plans and cost

+

Why Talkiatry is our pick for best online psychiatry and medication management for teens

Talkiatry is our pick for best online teen psychiatry and medication management because it helps address the current shortage of psychiatrists, especially in [rural areas](#). This platform can work for teens who are already seeing a therapist but could potentially benefit from medication for conditions like depression, ADHD, and [OCD](#). Talkiatry psychiatrists see children as young as five years old and can prescribe medications and provide ongoing medication management. While Talkiatry does also offer talk therapy, you can only receive this if you are already working with a Talkiatry psychiatrist and they recommend it as part of your treatment.

Who may like Talkiatry: Talkiatry is the best option for insured families looking for a flexible, online option for psychiatry and medication management for mental health care.

Who may want to avoid Talkiatry: Talkiatry only works with patients who have insurance coverage, so this platform is not a good option for someone looking for a self-pay option.

Talkiatry tester insights

The average wait time for behavioral health services in the United States is [48 days](#). With the number of psychiatrists [less than half](#) that of mental health counselors, the wait for psychiatry can be even longer. For many young people, two months or longer is too long to wait for psychiatric care. With Talkiatry, most people can see a psychiatrist within one week of creating an account.

We like that Talkiatry offers [online therapy that accepts insurance](#), including BlueCross BlueShield, Cigna, Aetna, and United Healthcare. If Talkiatry does not take your insurance, there is no out-of-pocket option, which is one drawback of the platform. One of our testers gave the platform high marks for ease of scheduling appointments and quality of providers. Testers schedule follow-up appointments with their psychiatrist during sessions and send a message in the Talkiatry app if they need to reschedule or follow up with the provider between sessions. The providers they've worked with respond within hours.

If you're thinking of using Talkiatry's medication management services for your teen, keep in mind that mental health medications are usually [more effective](#) when used in conjunction with therapy. One tester notes that their Talkiatry psychiatrists "are more focused on what to prescribe and expect you to have additional mental health services, like a therapist, to combine with the medications." Most of their discussions with psychiatrists centered around the medications the tester takes and how they work for them.

Many Talkiatry psychiatrists will prescribe controlled substances, including medications used to treat ADHD. However, whether or not a psychiatrist prescribes such medications is based on a thorough evaluation of the patient's needs and on the state laws where you live.

“Therapy is a first-line treatment to develop coping skills and make positive changes that address anxiety, depression, and behavioral difficulties. However, sometimes the

symptoms are severe enough to significantly impair functioning or interfere with the ability of the teen to benefit from therapy fully. In these cases, therapy alone may not provide sufficient benefit, and consulting with a medical provider regarding medication options is warranted. Medication should be viewed as a tool that can be used to help manage symptoms in combination with therapy.”

– [Caroline Danda](#), PhD

As you make decisions about the best online treatment options for your teen, it’s worth noting that primary care providers can also prescribe medications. “Many pediatricians and family medicine providers are well-versed in treating disorders such as anxiety, depression, and ADHD,” Danda shares. “It’s even better if they can collaborate with the therapist. They also have the advantage of knowing the teen for a longer period, which can provide the teen a sense of comfort and trust.”

To learn more, read our in-depth [Talkiatry review](#).

What other Talkiatry users say

In our February 2024 survey of 100 Talkiatry users, 80 percent of users are either satisfied or very satisfied with the reduction of symptoms that led them to seek treatment in the first place. Survey results also speak to Talkiatry’s ease of use, with 86 percent of users completely or somewhat agreeing that Talkiatry’s sign-up process was quick and easy.

How we test and choose the best online therapy platforms for teens

Here at HelpGuide, the Handbook Team has researched more than 70 online therapy and psychiatry platforms, including online therapy services for teens. After narrowing down our options, we signed up for the top 14 platforms to test them for ourselves.

75+ hours
of research

70 platforms
researched

14 platforms
tested

1,200 people
surveyed

20 people
interviewed

60+ experts
consulted

First-hand testing experience

In order to gain first-hand testing experience, our testers signed up for the top therapy platforms for teens and attended online therapy sessions for four weeks or more. Since our team is located throughout the United States, we were able to get an accurate idea of therapist availability in different regions of the country. Testers were instructed to keep a detailed record of their experience throughout the month.

Online therapy surveys

We surveyed more than 2,000 online therapy and psychiatry users about their experience with various platforms. Many of these users had experience with the top online therapy platforms for teens, and their answers gave us insight into what therapy seekers are looking for in an online therapy service.

Focus groups

We hosted focus groups of practicing online therapists and current online therapy and psychiatry users to understand what each group values in online therapy for teens. We asked the therapists about the pros and cons of teletherapy, and what about it would be a good fit for adolescents. We also learned what factors make a difference for online teen therapy and psychiatry users when they're looking to choose a telehealth platform.

Our online therapy and psychiatry rating indexes

When testing and researching online therapy for teens, we turned to the unique rating index we created to see how varying platforms compare with each other based on four key factors:

- **Affordability:** We looked for platforms with affordable out-of-pocket prices. We also included counseling services that accept insurance or offer financial aid.
- **Data privacy:** We examined how each platform collects and handles user data. If a brand didn't have this info available on their website, we reached out to learn from them directly.
- **Therapist availability:** We collected data on a brand's total number of in-network therapists and their appointment availability in different states.
- **Inclusivity:** We evaluated platforms on their inclusivity and diversity of practitioners. We also noted if a platform allows you to filter therapists by ethnicity or gender identity.

Mental health experts

A group of seasoned mental health professionals offered insight on online therapy platforms for this article, helping us ensure that it contains up-to-date information and expert knowledge.

Learn more about our online therapy [testing and review methodology](#).

Our online therapy testing process

Our Online Therapy Testing Process

1

Fill out the intake assessment.

5

Go through the steps to switch therapists.

2

Subscribe as a new user.

6

Contact customer support with questions.

3

Get matched with a therapist.

7

Explore platform features such as journals, worksheets, and group sessions.

4

Attend weekly live video sessions for four weeks.

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's an emergency that can't wait for an online therapist's response.

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

- Calling 911
- Visiting an emergency room
- 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 \(SAMHSA\) Helpline](#) at 1-800-662-4357 or texting your zip code to 435748
- Calling the [National Sexual Assault Hotline](#) at 1-800-656-4673 or [chatting online](#)
- Calling [The Trevor Project](#) at 1-888-488-7386 or texting START to 678-678 to talk with trained professionals who understand the challenges faced by LGBTQ youth

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](#).

Questions to ask before starting online therapy for a teen

Before starting a teen online therapy platform, consider the following questions:

- **What types of sessions are available?** Will my teen meet with a therapist face-to-face or only through messaging?

- **What parts of the platform are accessible to parents?** Can you occasionally meet with your teen's therapist to check their progress?
- **Does the platform offer bonus features?** Symptom trackers, digital journals, and group therapy sessions are helpful tools for teens.
- **How often will my child interact with their therapist?** [Greater frequency of sessions](#) has been linked to better therapy outcomes.
- **How is my child's privacy protected on this platform?** Read the platform's privacy policy and review it with your teen.

What to look for in an online therapist for teens

Your child's therapist should be licensed and have previous experience working with adolescents. They should also be aware of the unique challenges facing teens, including social relationships, anxiety about academics, and self-esteem issues. Today's teens have the added pressure of navigating [social media](#) and the constant stream of world events available on their smartphones. It's also important for teen therapists to be comfortable working with families, teachers, and doctors, as a teen's well-being often depends on their environment and key people in that environment.

When you meet your therapist, ask about their approach to working with teens. Are they sensitive to issues your teen is facing? Are they willing to take the time to get to know your child? Ultimately, the [right therapist](#) is one your teen feels comfortable enough with to share their feelings and challenges.

"The key to working with teens and tweens, regardless of whether therapy is self- or parent-initiated, is respecting their autonomy. Building rapport and letting them feel seen and heard is crucial to gaining their buy-in to the therapy process," Danda says.

Who should and should not use online therapy for teens

People having an acute mental health crisis or thoughts of [suicide](#) need to get help now by visiting an emergency room or dialing 988 to speak with someone on the Suicide and Crisis Lifeline. Also, teens experiencing complex or co-occurring mental health issues may need more help than some online therapy platforms can provide. Some platforms, like Charlie Health, offer intensive outpatient care, but most platforms only offer one or two sessions per week.

For teens who need additional support for symptoms of depression, anxiety, ADHD, or other common mental health conditions, online therapy provides a convenient way to get help from the comfort of their own homes. Online therapy can also help teens build self-esteem and self-awareness. As one teen wrote in our anonymous April 2024 survey, "I think the most helpful thing for me was I got to explore my identity a lot more and got to discover who I was."

How much does online therapy for teens cost?

Based on our research and testing, we found a wide range in the cost of online therapy for teens. Without insurance, teen therapy costs between \$260 and \$436 per month, while intensive outpatient online therapy costs between \$8,000 and \$10,000 for a 9 to 12-week program. The cost of online therapy for teens depends heavily on the type of therapy chosen, the length of sessions, and the location of the patient.

Does insurance cover online therapy for teens?

Insurance coverage of online therapy for teens depends on the platform you choose. While TeenCounseling is our top pick for online therapy for teens, this platform does not accept insurance. Talkspace, which provides mental health care for teens, is in a network with many insurance plans. While Talkspace costs between \$276 and \$436 per month for self-pay patients, therapy sessions with this platform would cost as little as your copay using an in-network therapy provider.

Similarly, Charlie Health is the most expensive option for online therapy for teens on this list, costing between \$8,000 and \$10,000 for a 9 to 12-week intensive outpatient program. However, we found that most families used insurance to cover the cost of this specialized program.

How to save money on online counseling for teens

Finding an online therapy option for teens that works within your budget can be challenging, but there are ways to save on online mental health care. First, we always recommend using insurance if you have coverage for therapy services. Additionally, most online therapy platforms accept the use of HSA or FSA funds to pay for therapy, allowing you to use pre-tax funds to cover the cost of care. Financial assistance is another option for saving money on online counseling for teens, and both TeenCounseling and Talkspace assist qualifying families.

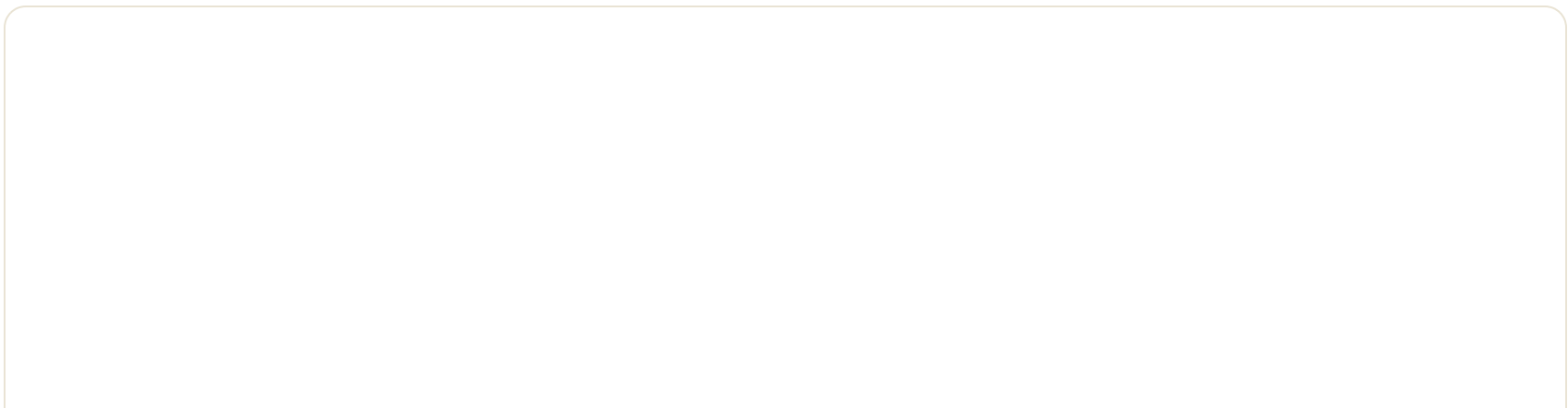
Bundling therapy sessions, such as paying for an entire month upfront, is another way to save money on the overall cost of mental health care since many platforms discount bundled services for their users.

Our final verdict

Our overall pick for the best online therapy for teens is TeenCounseling due to its wide number of licensed therapists to choose from, all specializing in mental health care for teens. We also found this service empowers teens to choose the provider they are most comfortable with and make it easy to switch therapists until you find the right fit.

While TeenCounseling doesn't accept insurance, we found the cost of care with this platform to be competitive compared to other self-pay platforms. TeenCounseling costs between \$65 and \$90 per week, depending on the type of session your teen chooses, along with factors like location and length of sessions.

Compare the best online therapy platforms for teens of 2024



	Visit Site	Visit Site	Visit Site	Visit Site
Services	Individual therapy	Individual therapy; group therapy; family therapy	Individual therapy; psychiatry; medication management	Individual therapy; psychiatry; medication management
Ways to connect	Live phone, video, or chat sessions; messaging	Video and audio sessions	Video and audio sessions; live chat; messaging	Video sessions; messaging
Type of therapy	Cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and more	Intensive outpatient therapy using CBT, DBT, and art and music therapy	CBT, DBT, humanistic therapy, somatic therapy, and more	Trauma-focused CBT, dialectical behavior therapy (DBT), and more, only when recommended by psychiatrist

	Visit Site	Visit Site	Visit Site	Visit Site
Out-of-pocket monthly cost	\$260–\$360	\$8,000–\$10,000 for 9–12 week program; most users pay with insurance	\$276–\$725; many users pay with insurance	Varies by insurance provider; average co-pay per session is \$30
Accepts insurance	No	Yes, including Medicaid	Yes	Yes

Frequently asked questions

Can a minor sign up for online counseling without parental consent?

Can parents participate in teen counseling?

Is online therapy effective for teens?

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