



We're here to help you find mental health care that fits your needs.

Whether you know what you need or aren't sure where to start, we'll help you find the right fit.



About Headway Behavioral Health

Personalized Matching Support

Get matched with a provider who fits your needs using our questionnaire or a one-to-one conversation with our support team.

Immediate Availability

Same-day matching with providers who have openings within 48 hours.

In-Person or Virtual Care

Book an online or virtual appointment with our providers.

Specialist Network

Diverse network of 4,000+ mental health clinicians committed to providing high quality care across Texas.

Easy-to-Use Platform

Book and manage appointments and payment directly on our website.

Affordable and Transparent Pricing

All Headway providers are in-network with your insurance and you can see your price before you book.

How it Works

1 Scan this QR code



2 Add your insurance details, and provider preferences so we can get the exact cost for your session.

3 Book an appointment and we'll handle the rest. You'll only be billed after your session.

Have questions or ready to get started?

Matching support:

headway.co/m/bcbstx

"This would be my first time in therapy and it's so intimidating to find someone that I've given up before. With Headway, I was able to get seen in less than one week!"

-Headway Patient

If you're experiencing emotional distress, the resources below provide free and confidential support 24/7. If this is an emergency, call 911.

Suicide Prevention Lifeline
Call 1-800-273-8255

Crisis Text Line
Text "HOME" to 741741