∞ Rula

Access to mental health experts who specialize in you.

Rula's network of 9,500+ mental health providers can support you and your family with virtual therapy, psychiatry, or a combination of both.

A personalized approach to care, tailored around you.

🛡 **Affordable, accessible care**

Rula partners with your insurance company to make care more affordable.

✓ **Focused on quality**

All providers undergo regular clinical reviews and have access to peer review and development workshops.
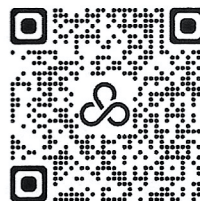
Meet your match

Providers in Rula's network represent a wide range of specialties and backgrounds.

🔍 **Your search, made simpler**

We'll help you find an in-network provider and schedule your first appointment in minutes.

Ready to get started?

Scan to find your therapist who specializes in you