Rula

World Wide Technology

Access to mental health experts who specialize in you.

Rula's network of 18,000+ 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.
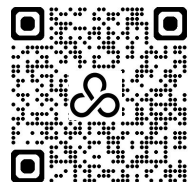
Your search, made simpler

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