

Thinking about therapy? What you need to know before your first session

What can therapy help with?

Therapy is beneficial for a wide range of mental health conditions and life challenges, including:

- Anxiety and depression
- Trauma and PTSD
- Grief and loss
- Relationship issues
- Substance use concerns
- Stress management
- Self-esteem and confidence building
- Workplace and career-related stress management

How therapy can help you unlock emotional resilience and self-discovery

Benefits of professional support

Therapy is a valuable tool for personal growth, emotional well-being, and overall mental health. Whether you're facing life challenges, managing stress, or working through deeper emotional concerns, therapy can provide a safe and supportive space to explore your thoughts and feelings.

Benefits of therapy include:



- Identify the source of your stress
- Better relationships and communication skills
- Greater self-awareness and emotional resilience
- Support in navigating life transitions
- Reduced symptoms of mental health conditions

Find a therapist with Rula

Get Started



“I feel like I’m getting the help & support that I need.”

– Rula Patient

“As someone who was hesitant to begin therapy, I cannot imagine having been paired with a better therapist who understands where I am coming from and offers practices, tools and insights that have never occurred to me before.”

– Rula Patient

Therapy approaches: Finding the right fit

There are many approaches to therapy, each tailored to different needs. To help guide your journey, reflect on your therapy goals, how much emotional depth you want to explore, and the type of therapist relationship that feels right for you. It's OK to experiment with different approaches until you find what works best for you.

Some common types of therapy include:

Cognitive behavioral therapy (CBT):

Focuses on identifying and changing negative thought patterns.

Dialectical behavior therapy (DBT):

Helps with emotional regulation and interpersonal effectiveness.

Humanistic therapy:

Encourages self-growth and personal insight.

Group therapy:

Provides support through shared experiences.

Couples or family therapy:

Helps improve relationship dynamics and communication.

What to expect in your first therapy session

Starting therapy can feel intimidating, but your first session is simply a chance to get to know your therapist and discuss your goals. Here's what you can expect:

- A welcoming, judgement-free environment
- Questions about your background, experiences, and what brought you to therapy
- An opportunity to ask questions and share your expectations
- Discussion of therapy methods and what might work best for you
- A collaborative approach to setting goals for your mental health journey

Find support with Rula

Taking the first step on your mental health journey can feel overwhelming — but it doesn't have to be. Rula makes it easy to find a therapist who fits your needs, so you can get back to feeling your best.

With a diverse network of more than 15,000 providers and appointments available as soon as tomorrow, we're here to help you make progress — wherever you are on your mental health journey.



Find a therapist