



We're ready when you are.

Talk to a licensed therapist when
you're ready.

Call 1-855-417-2486 or visit
[CVS.com/MentalHealth](https://www.cvs.com/MentalHealth) to
schedule a session.*

Find the support you've been seeking.



Scan the QR code or visit
[CVS.com/MentalHealth](https://www.cvs.com/MentalHealth)
to learn how you could
benefit from a counseling
session.

*MinuteClinic® is not an emergency crisis center. For emergencies or immediate attention, please call 911 or go to your nearest emergency room.

**Services are available for adults 18 and up and are only available in select locations. Mental health counseling services are provided by a MinuteClinic licensed therapist within a CVS® HealthHUB™ location.

†Services covered by most insurance. If you will be using insurance, we recommend contacting your insurance company before your visit to be sure that the service you're seeking is covered. Your payment responsibility may vary based on your insurance coverage.

††Licensed therapists will support clients by connecting with higher levels of care or collaborating with other providers to support care when clinically appropriate.

§Service hours are subject to change. For the most up-to-date hours, call **1-855-417-2486**.

§§Data as of 5/10/22, unless otherwise noted. Preliminary data based on year-to-date operations and subject to updates as service scales up in current and new markets.

Mental health counseling services

In-person or virtually, we're here to help.

On average, 72% of new patients were able to see a therapist for a same-day visit or within seven days. §§



What we offer.

Licensed therapists.

MinuteClinic® licensed therapists have the experience to support your mental health journey.** For life adjustments, bouts of depression, or even mild-to-moderate stress or anxiety, they're here for you.

Personalized plans.

Offering both ongoing and gap care, MinuteClinic licensed therapists will conduct an assessment to help determine the best plan for you and your mental health needs. They will create an individualized plan for you to follow and get you back on your path to wellness, including extra support as needed throughout the year.

Affordable care.

Our mental health services provide confidential, affordable care. Cash or credit charges vary by session length and type (\$69–\$129), or we can bill your insurance provider directly.†

My therapist gave me techniques to help myself, and I feel so much more confident now. In the Black community, we tend to suffer in silence. My mom was so impressed with the difference in me that she's going now, too. —Recent patient

I don't have to worry about taking time off to go see a therapist. I would recommend to anyone. —Recent patient

Connected support.

A licensed therapist will be dedicated to you and your needs. The therapist can also help you find an appropriate resource if a different or more specialized level of care is needed.††

Easy access.

Licensed therapists are available days, evenings and weekends.§ You'll also have the freedom and flexibility of having in-person or virtual appointments with your therapist.



Here to support your mental health.

Counseling services include individual, couples and group therapy sessions, all of which offer emotional support and meaningful connection.

Talking with a licensed therapist could be beneficial if you're experiencing mild-to-moderate issues such as:

- Family conflict
- Loss and grief
- Relationship challenges
- Sleep difficulty
- Substance abuse

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