



Supporting the mental health of caregivers and their loved ones



Your care team for mental health support - every step of the way.



Support for caregivers

- Identifying, researching, and scheduling mental health providers or programs
- Reviewing insurance coverage and help locating financial assistance options
- Guiding caregivers through in- and out-of-network treatment options
- Facilitating communication between providers
- Helping caregivers understand and access their existing benefits

Support for children, spouses, and other loved ones

- Identifying appropriate providers, programs, and levels of care based on age, needs, and preferences
- Coordinating scheduling and managing appointment logistics
- Reviewing insurance coverage and help understanding costs and payment options
- Guiding loved ones through treatment pathways, referrals, and care systems

Ongoing support for caregiver well-being

- Identifying, researching, and scheduling mental health providers or programs
- Guiding caregivers through in- and out-of-network treatment options
- Facilitating communication between providers
- Helping caregivers understand and access their existing benefits



Wellthy member story

Helping Sarah navigate complex mental health advocacy

Sarah's 11-year-old son required specialized mental health support from specific out-of-network providers essential to his well-being. Overwhelmed by the administrative burden of insurance navigation and the urgent need for local medical imaging, Sarah turned to Wellthy to act as an advocate during a vulnerable time for her family.

Here's how Wellthy helped Sarah:

Insurance advocacy & appeals: Sarah's Care Coordinator lead a complex effort to navigate insurance coverage for out-of-network providers, ensuring her child received essential, specialized care.

Specialized provider research: Our Care Team conducted research to identify local facilities that accepted the family's insurance and could perform specific medical imaging (X-rays), ensuring no delays in her child's treatment plan.

Reducing the mental load: By taking over the hours of phone calls and vetting required for complex mental health logistics, Wellthy removed a significant administrative burden, allowing Sarah to focus on supporting her child emotionally.

Proactive and compassionate support: Beyond the logistics, Sarah's Care Coordinator provided frequent updates and creative problem-solving, ensuring Sarah felt understood and cared for throughout every step of her journey.

