

## Virtual Platforms – Therapy Services for ages 10 years+

1. **MySpectrum** - \*Accepts insurance  
Website: <https://myspectrumcc.com/trauma-therapy/>  
Phone number: 804-924-2236

2. **Amwell** - \*Accepts insurance  
Website: <https://patients.amwell.com/>

Description: Amwell provides counseling for children 10 years and older. Teens and young adolescents can speak with their therapist face-to-face using the Amwell app or website. Sessions usually last about 45 minutes and can be scheduled during weekends, holidays, and evenings. Amwell has a network of more than 350 licensed psychologists, social workers, and other mental health professionals.

3. **Doctor On Demand** \*Accepts insurance  
Website: <https://doctorondemand.com/>

Description: If you prefer to choose your child's therapist instead of being matched with one, check out Doctor on Demand. On average, the licensed psychiatrists and therapists in their network have 15 years of experience. Communication methods are more limited than other platforms. Doctor on Demand uses live video calls for their sessions. If you need help determining if counseling might be helpful for your child, Doctor on Demand offers a free mental health assessment.

4. **Thriveworks** \*Accepts insurance  
Website: <https://thriveworks.com/>

Description: Thriveworks is known for the wide array of licensed therapists they offer. You can select from therapists who have a variety of different backgrounds, including CBT, mindfulness approaches, and other methods. Choose a therapist who speaks your native language, or select a different type of mental health professional, like a psychiatrist or life coach. Thriveworks provides online counseling for kids via video or phone. Same- and next-day sessions are both available.

5. **MDLive** \*Does not accept insurance  
Website: <https://www.mdlive.com/counseling/>

Description: To begin you will fill out a questionnaire about your child's needs and then pick a therapist who seems right for your family. The service can also connect you with a psychiatrist if you think your child needs medication.  
Price: \$108 per session

## Virtual platforms for children over 13 years old (Teens)

1. **Rethink My Therapy** - \*Does not accept insurances

Website: <https://rethinkmytherapy.com/>

Description: Rethink My Therapy offers a monthly subscription fee that covers unlimited appointments (based on your therapist or psychiatrist's availability). You can schedule an appointment for your child within a week. Many of the mental health professionals in the network offer evening and weekend appointments.

2. **Talkspace** - \*Accepts insurance

Description: Talkspace offers therapy via text, audio, and video messaging to teens 13 to 17 years old online and through their smartphone app. Therapists respond to messages daily, 5 days per week. Live video sessions with a therapist are not included in the monthly subscription fee.