

ginger

In-the-moment care for every emotion.

Everyone deserves access to incredible mental healthcare.

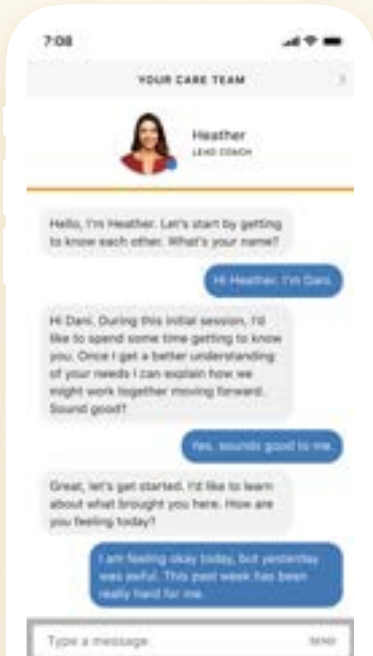
That's why Ginger created the world's first integrated mental healthcare system where coaches, therapists, and psychiatrists work as a team to coordinate the best, personalized care right from your smartphone, whenever you need it.

It's like a virtual clinic without the waiting room.



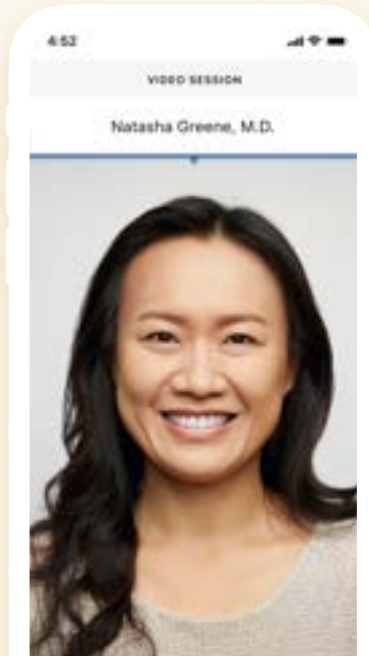


All your care. All in one place.



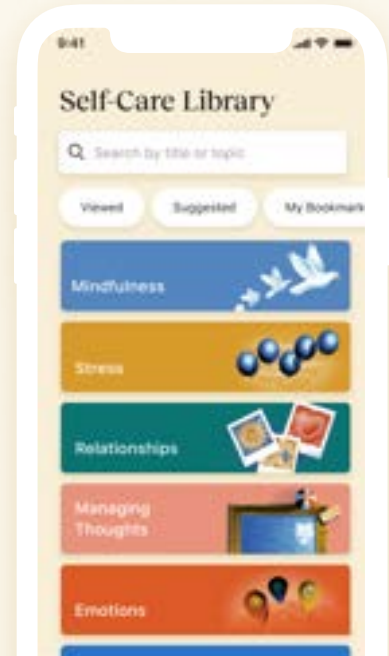
Behavioral Health Coaching

Chat with a behavioral health coach live via text to receive personalized support for anxiety, depression, relationships, sleep, and more. Get immediate help when you need it, or through regularly scheduled appointments.



Therapy & Psychiatry

A licensed therapist or psychiatrist can be added to your care team if you need extra support. Therapy and psychiatry sessions are video-based and available evenings and weekends to fit your schedule.



Self-Guided Resources

Our library of clinically-validated resources includes activities, articles, classes, podcasts, and more. In-app content is tailored to your needs and available anytime to help you build skills and work towards your goals.

Ready to get started?

Download the Ginger Emotional Support app, tap "Create account," then "My Organization." Follow the instructions and you're all set!



Questions? Email help@ginger.com or visit us at ginger.com