

mindset by one medical

Care for your mental health

Join now and let's talk

From trouble sleeping to work stress to anxiety to depression, we all have difficulty managing our emotions at times. It's part of being human. And Mindset by One Medical, our suite of mental health services, is here to help you feel your best emotionally — because your mental well-being is essential to your overall health and wellness.

How we can help



Primary care

All of our primary care providers can help you with your mental health and work with you on a plan that fits your needs and lifestyle — whether that's lifestyle changes, medication, one of our mental health programs, or a referral to a specialist.



Wellness Series

We offer a variety of programs led by providers and health coaches to help you reduce stress and anxiety, sleep better, improve your mood, and more — all in a supportive group setting. They're available in select cities and currently held over video conferencing.



Virtual therapy and coaching

Available as a benefit from certain employers, our virtual therapy and coaching programs makes it fast, easy, and affordable to get one-on-one mental health help over video. Want your employer to offer One Medical as a benefit? Fill out this form and we'll reach out to your benefits team.



Some things we can help with

- Agitation, irritability, or frustrated mood
- Alcohol abuse or misuse
- Anxiety
- Attention deficit disorder
- Depression or feeling sad
- Grief and survivorship
- Insomnia
- Loneliness
- Quitting smoking
- Relationship problems
- Sleepless nights
- Stress management
- Substance abuse
- Trouble focusing or winding down
- Worry

See how we helped Whitney take control of her anxiety



FAQ

- How do you define mental health? What can I actually talk about with One Medical? +
- How do I know when I should seek help for my mental health? +
- Don't I have to go to a psychiatrist or therapist for mental health? +
- Why would I see a primary care provider for mental health? +
- Do you prescribe medications for mental health issues? +
- Are your providers therapists? +

Get started with One Medical today

Membership sign-up

For employers

Your Location (DC)

Blog Media center About Investor relations

f t y g in

Practice integration Sponsored membership Careers Contact us

FAQ Give a membership