

Your path to mental well-being starts here

Welcome to Modern Health, your new home for free mental wellness support.



Find the support you need in one easy-to-use app

Access care in the way that works best for you, whether that's 1:1 video sessions, group support, or digital courses & meditations.



Get your personalized care match in no time

Share your needs and preferences, and we'll guide you to a certified coach or therapist who can best support you.



Receive evidence-based care from quality specialists









We strive to maintain a diverse network of professionals who use proven techniques to provide you culturally responsive care.



I think Modern Health is a phenomenal service provided through my employer. I am so grateful to have it. My care professional gave me strategies to solve problems, and became a great resource for growth and excitement in my life.

Areas of support

What can we help with? 
Choose up to three areas to focus on:

- Work Performance 
- Relationships 
- Stress & Anxiety 
- Healthy Lifestyles 
- Financial Wellbeing 
- Inclusion & Belonging 
- Life Challenges 
- Mindfulness & Meditation 



It takes just 2 minutes to get started

Download the Modern Health mobile app, and we'll guide you through the rest. Or you can go to my.modernhealth.com

help@modernhealth.com

