



Mental Health - Therapy

Nice has launched a brand new mental health therapy service for patients who are in need of more expansive mental health support. Therapy sessions will take place right in the Nice app and be provided by our team of licensed therapists.

Who's eligible?

- Nice patients 18+ years old



Is therapy right for you? Here are some things it can help with:

- Grief and loss
- Depression and anxiety
- Relationship and family issues
- Maternal mental health
- Trauma
- Life transitions



How does therapy work?

You will start by scheduling a primary care visit using the Nice app. Your clinician will rule out any red flag concerns, review/adjust any Rx, and discuss options for mental health care. If therapy is a good fit for you, your clinician will connect you with a Nice therapist who will then reach out to schedule.

All therapy visits are virtual and take place in the Nice app. Your initial 90-minute evaluation will focus on getting to know one another, your needs, and establishing a plan of care to help you get better.

How does on-going treatment work?

During your initial evaluation, your therapist will work with you to determine the frequency of care moving forward. Follow-up sessions will last up to 60 minutes. Most often, your therapist will recommend a regular cadence of sessions based on your specific needs.

Mental health therapists do not prescribe medication and will refer back to your Nice clinician if they believe medication should be considered. They will also closely collaborate with your Nice clinician to ensure your care plan takes into account any other conditions with which you are dealing.