

INTRODUCING a same-day, online counseling service now available through WellPower: TherapyDirect.

TherapyDirect is for adults in metro Denver who are new to WellPower and want same-day support from a professional counselor. NO FEES and no medical insurance required.

TherapyDirect provides quick access to online counseling. Individuals can access up to three 55-minute online sessions each year. For ongoing needs, support staff provide referrals to local mental health services and community resources.

TherapyDirect is available Monday through Friday from 9 a.m. to 5:30 p.m. There are no fees and medical insurance is not required. Interpretation services are available.

Help keep our community well! Mental health is important to overall health and the well-being of our community. Therapy can benefit most people, offering them a safe outlet and a new perspective.

To use TherapyDirect, someone simply starts online, and an intake coordinator meets with the individual immediately. Support staff assist with sign up as needed. Therapists and peer-based support counselors trained in intervention care are available for a full session shortly thereafter.

TherapyDirect is available to adults 18 years and older in metro Denver who are new to WellPower. Individuals do not need to be in crisis or have a mental health diagnosis; those new to counseling are welcome. Please share TherapyDirect with those in your community.



For more information
or to start now:
wellpower.org/therapydirect

