

Mental Health Matters

Making the Most of
Your Therapy Benefits



+



Agenda

01 Why seek therapy?

02 Benefits of therapy

03 Exploring therapy approaches

04 Your first session

05 How Rula works



Open Enrollment Period

Take advantage of your
mental health benefit
with Rula



How many U.S. adults will experience a mental health condition in their lifetime?

- A. 1 in 3
- B. 1 in 5
- C. 1 in 10
- D. 1 in 15





1 in 5

U.S. adults will experience a mental health condition in their lifetime.

(SAMHSA)



Myth vs. Fact: Breaking the stigma around therapy

✗ MYTH

"Therapy is only for people in crisis."

✓ REALITY

Therapy helps anyone manage stress, build skills, and grow personally and professionally.

✗ MYTH

"Talking about work stress won't help."

✓ REALITY

Therapy can improve focus, productivity, and job satisfaction.

✗ MYTH

"It takes years to see results."

✓ REALITY

Many people notice positive changes within just a few sessions.



What can therapy help with?

Therapy is beneficial for a wide range of mental health conditions and life challenges.

Anxiety and depression

Trauma and PTSD

Grief and loss

Relationship issues

Substance use concerns

Stress management

Self-esteem and confidence building

Workplace and career stress





Benefits of therapy

Whether you're facing life challenges, managing stress, or working through deeper emotional concerns, therapy can provide a safe and supportive space to explore your thoughts and feelings.



Develop coping skills

Gain tools and strategies for managing stress and anxiety.



Improve emotional well-being

Therapy builds greater emotional regulation and awareness, helping to replace negative thought patterns with healthy habits.



Strengthen relationships

Build stronger communication skills that can lead to more fulfilling personal and romantic relationships.



Reduce mental health symptoms

Talk therapy can help you manage symptoms linked to conditions like anxiety, depression, OCD, and eating disorders.



Get personalized support

Connect one-on-one with an expert who can develop a treatment plan to meet your specific needs and goals.



Bolster self esteem

Strengthen your sense of self-worth and break patterns of negative self talk.

What is the average time between the onset of mental health symptoms and seeking treatment?

- A. 6 months
- B. 2 years
- C. 7 years
- D. 11 years



11 years

The average delay between
onset of mental health
symptoms and treatment.

(NIH)



Therapy approaches: Finding the right fit

Each type of therapy has its own intended use and benefits. In many cases, providers will combine elements from multiple types of therapy to best meet your specific needs. Some of the most common types of therapy include:

Cognitive behavioral therapy (CBT)

CBT helps you understand the connection between your thoughts, feelings, and behaviors.

Dialectical behavior therapy (DBT)

DBT combines CBT and mindfulness to help people manage intense emotions, reduce harmful behaviors, and build healthier relationships.

Psychodynamic therapy

Psychodynamic therapy explores unconscious thoughts and past experiences to reveal how they shape current behavior.

Interpersonal therapy (IPT)

IPT is a short-term, structured approach that helps improve communication and relationships.



How to prepare for your first session

Prepare a few quick notes. Jot down some notes about what you want to talk about or questions you want to ask so you don't forget them.

Think about your goals. Reflect on your goals for therapy with the intention of being open and honest about why you're seeking support at this time.

Remember self-compassion. Practice self-compassion and remind yourself that you don't need to impress your therapist or conceal your flaws.

Find the right place for your session. Set up a quiet, comfortable space for your session (if you're doing teletherapy).



What to expect in your first session

Starting therapy can feel intimidating, but your first session is simply a chance to get to know your therapist and discuss your goals. Here's what you can expect:

A welcoming, judgment-free environment

Questions about your background & goals

Time to ask questions & share expectations

Discussion of therapy methods

Collaborative goal setting



What percentage of Rula patients would recommend their therapist to a friend?

- A. 17%
- B. 54%
- C. 67%
- D. 83%



83%

83% of Rula patients reported that they would recommend their provider to a friend.



There's no right or wrong reason to start therapy.

Whether you're seeking help navigating a life transition or managing symptoms of anxiety or depression, therapy is an effective treatment for many types of concerns – all you need is an open mind and a general sense of what you'd like to explore with a therapist.



How it works

We make it easy to find an in-network licensed provider who is accepting new clients, and is an expert in caring for your unique needs.

1

Tell us what's important

We'll use your preferences and insurance information to find providers who fit your needs.

2

Explore your matches

Browse the profiles of licensed, in-network providers who match your preferences.

3

Schedule your visit

Choose your preferred time and meet with your provider as soon as tomorrow.

4

Join your online session

Connect with your provider over live video from wherever you feel comfortable.



Find support with Rula



Browse providers at

rula.com/articlestudentliving

21,000⁺
licensed providers

100⁺
clinical specialties

98%
provider match rate

Thank you!



Cancellation Policy

To ensure consistent, high-quality care for all patients, Rula enforces a standard cancellation policy. This policy helps keep appointment slots available for those who need care and supports providers' time and preparation.

Cancellation Fees:

- Therapy sessions: \$99
- Psychiatry sessions: \$150

Applies when patients:

- Cancel within 24 hours of their appointment
- Arrive 15+ minutes late
- No-show for their visit

Exceptions:

- Same-day reschedule: If a patient is able to reschedule their appointment to the same day, no cancellation fee is charged
- Kaiser SoCal members: No cancellation fee
- Special cases: Fees waived for Rula errors, tech issues, or unexpected emergencies

