



See a therapist anywhere, anytime

Too busy? Bad weather? Sick in bed? It's not always easy to see a licensed therapist or psychologist.

With the Breakthrough Mobile App, you can see a licensed therapist or psychiatrist anytime and from any place. Our providers are available 24/7/365 by appointment. Sessions are private and secure.

Conditions that we treat

Our providers specialize in many areas. Among them are:

- Anxiety
- Addictions
- Depression
- Stress
- Eating disorder
- And many more!

What our mobile app lets you do

Sign up. All we need is a few details about you and then you are all set.

Search providers. Find a licensed therapist or psychologist. Check their background. See what conditions they treat. The mobile app lets you choose the provider that is right for you.

Make appointments. Once you choose your provider, make an appointment that fits your schedule.

Meet your therapist from anywhere. At home or at work, in bed or in your living room. You meet with your provider wherever you want.

Protect your privacy. All video sessions are secure and private.

Get reminders. You can also receive push notifications to help you remember your appointments.

How to get started with Breakthrough

The first thing you need to do is download the Breakthrough mobile app.

Apple store icon

- Go to the App Store
- Search “Breakthrough Behavioral”
- Download the free app

Google Play icon

- Go to GooglePlay
- Search “Breakthrough Behavioral”
- Download the free app

After you have downloaded the app you can search for a provider.

After you choose a provider, sign up and make an appointment. It’s that easy.