



Strong Mind Therapy

Thanks for reaching out. Here's *what to expect*.

Reaching out is often the hardest part, so thank you. This page covers the practical side of working together: fees, insurance, and how online sessions work, so there are no surprises. Nothing here is a commitment; the next step is simply a free 15-minute call.

— How it works

1

Free 15-minute call

I'll reply within one business day to set this up. No pressure, just a chance to ask questions and see if we're a good fit.

2

Intake session

If it feels right, we'll schedule a first full session to explore what's bringing you in and start shaping a plan together.

3

Ongoing sessions

Weekly, every other week, or monthly, whatever fits your life. We'll check in on progress and adjust together.

— Sessions & fees

\$150 per 50-minute session

- Longer 75- and 90-minute sessions are also available. Ask me about those on our call.
- I accept **credit, debit, and HSA/FSA cards** (Visa, Mastercard, American Express, Discover). Payment is made securely through my online client portal after each session.
- I'm an **out-of-network** provider. I don't bill insurance directly, but many plans reimburse part of the cost. Each month I'll send you a **superbill** to submit to your plan.

— Questions?

Email me anytime at sam@strongmindtherapy.com. I reply within one business day. Email isn't a fully secure channel, so please keep it to practical questions and save anything personal for our conversation.

— Online sessions

- All sessions are held over secure, HIPAA-compliant video, anywhere in Washington State. You'll get a link before each appointment.
- Any phone, tablet, or laptop with a camera works. Find a private spot where you won't be overheard; headphones help.
- I offer weekday daytime appointments, with some evening availability on request.

Wondering what your plan would cover?

We can go through it together. I'm happy to walk through your benefits on our free call, so you have all the information you need.

Check online in about a minute. Scan the code or use the [benefits checker on my website](#) for an estimate of what your plan would pay back.

Or call the number on your insurance card and ask about out-of-network benefits for outpatient mental health: your deductible, the percentage reimbursed, and how to submit a superbill.



Scan to check your benefits

My practice is not a crisis service and email is not monitored for emergencies. If you are in immediate danger, call 911. For confidential 24/7 support, call or text 988 (Suicide & Crisis Lifeline). In King County, the Crisis Connections line is 866-427-4747.