

need someone to talk to?

MindRight Health provides coaching for young people ages 13-25 over text message. Our coaches are trained to provide confidential support.

*No cost for DC Amerihealth Caritas members ages 13 and up



Text Us. We Listen.

If you or someone you know needs a person to talk to, then MindRight can help. Our team of coaches are trained to provide judgement-free coaching and support.

To sign up text "hello" to 886-886. We'll text right back with a few questions to enroll you into the program. Use referral code "**Amerihealth**" during enrollment.

"Sometimes it's easier to talk to someone who doesn't know me." Amira, 17



SCAN
ME 

www.mindright.io