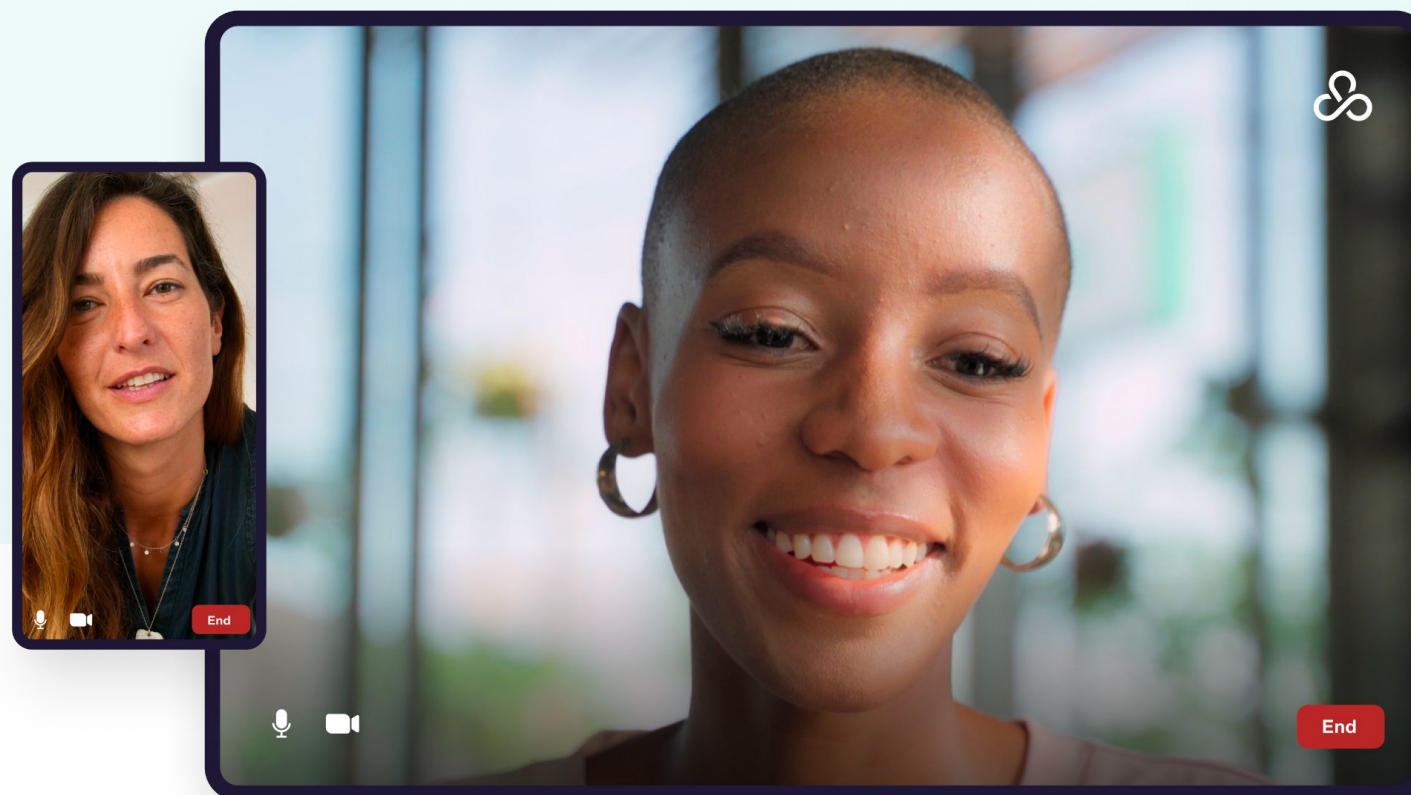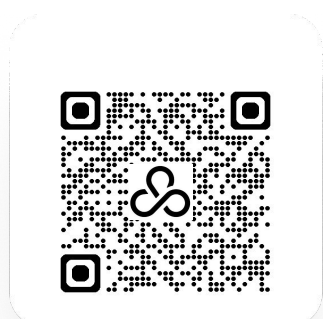Rula | Alex Lee

Connect with a mental health expert who specializes in you.
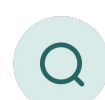

You deserve quality care from someone who cares.

Match with licensed therapists and prescribers today.

Scan to find a therapist who specializes in you

A personalized approach to care, tailored around you.

Your search, made simpler
We'll help you find an in-network provider and schedule your first appointment in minutes.

Affordable, accessible care
Rula partners with many insurance companies to make care more affordable. A personalized cost estimate will be provided prior to your first appointment.

All-in-one platform
At Rula, we make it easy to combine multiple forms of care and manage your billing, appointments, and providers from one convenient platform.

Focused on quality
All therapists in our network undergo regular clinical reviews and have access to peer review and development workshops — ensuring that you receive the highest quality of care

Meet your match
We know how important it is to find someone you connect with. Providers in Rula's network represent a wide range of specialties and backgrounds, making it easier to find the right therapist or prescriber for you.

Rula has 15,000+ licensed providers, carefully vetted to ensure the highest quality of care.

Get started today
rula.com/alexlee

We can make real progress together

Have questions?
Call (323) 205-7088