Ginger offers on-demand mental health support, day or night.
Your mental health matters and we care about yours.

We all have times when we feel down, stressed, or frightened. And while we know they are part of life, they can still impact our daily lives.

Your feelings — whatever they may be — are valid and it’s ok to feel unsettled. You’re not alone.
We all face life challenges

Whether you're feeling anxious, having trouble getting work done, or just haven't felt like yourself in the last few weeks and want someone to talk to...

Ginger is here to help you and your loved ones take the first step toward better mental health.
WHAT GINGER IS

In-the-moment care for every emotion.

Whether you could use a quick check-in with a coach, regular treatment for ongoing depression, or self-care strategies to practice on your own time, Ginger provides convenient, affordable, and private mental healthcare for every moment.
Members love Ginger

My therapist has helped me focus on myself & build confidence in the next stage of my life.

It’s been helpful to have a cheerleader. Especially when you’re going through a divorce, the pandemic, and you live across the country from your family.

GINGER MEMBER
Q1-2021 Survey

I’m grateful for my coach’s help.

Breaking inertia is very hard for me, especially at the present moment. I struggle to ask for help, but I’ve barely had to ask, and I’m already taking small steps forward.

GINGER MEMBER
Q2-2021 Survey
Coaching support
Immediate, real-time conversations

Chat live with a coach 24/7/365 and practice or learn new skills with Ginger’s self-care library—all through your smartphone and at no cost to you.
Therapy & Psychiatry
Available on weekends & evenings

Private video sessions with a licensed therapist or psychiatrist are covered and delivered through the privacy of your smartphone.
Adult dependents
Your dependents (18+) also have access.

Just like you, your dependents have access to the same benefits with Ginger. Dependents get access to Ginger from their own separate account knowing their conversations are confidential.

Dependents can download the app to get started
OR you can refer them through the profile tab
If you haven’t already, get started with Ginger.
Get started with Ginger today.
Already a Ginger member? Schedule a chat with your Ginger coach today!

Scan the QR code using your smartphone  or
Search for the Ginger Emotional Support app.

For **employers and students**, tap “My Organization.” For **health plan members**, tap “My Health Plan.”

Fill in your details and you’re all set to **start chatting** with your coach!

**questions?** Email help@ginger.com
Make Ginger a **family thing!** Invite a dependent.

- Tap "Profile" and "Dependents"
- Tap "Refer a dependent"
- Fill out your dependent’s details
- That’s it! Ask them to check their email.

*questions? Email help@ginger.com*
Coaching isn’t for me!
Coaching is only for those struggling with mental health issues, right?
Anyone can benefit from coaching! Coaches provide support for everyday challenges. They can help you navigate work-related issues, create a personal growth plan, build a routine to get a better night’s sleep, or just keep you accountable so you can achieve your goal.
Ginger is only available in English.
Ginger también está disponible en Español para adultos con al menos 18 años de edad.

False.

Ginger is also available in Spanish for adults ages 18 and older.
So... when my teen signs up, I will be able to see the messages they are exchanging with their coach.
False

Ginger coaching is private and confidential – even for adolescents. Parents or guardians will be able to see when their child has chatted with a coach, but not the content of their chats.
Chatting with a Ginger coach has no cost but there’s a limit on the number of messages I can send per month.
False

Your employer providing Ginger coaching services at no cost to you and your dependents – as long as they’re 18+ years and enrolled in a medical plan. You can chat with a coach in real time, regardless of where you are, and for as long as you need.
I can text my coach at 3AM about that one thing that has been bugging me all week.
True

Ginger coaches are available 24/7 from anywhere you are through your smartphone. Whether you’re in bed at 3 am or on your lunch break at noon, your care team is there for you.
Wait...
The coach I am chatting with at 3 am is definitely a robot.
False

Not at all. Ginger coaches (psychiatrist and therapists too) are real humans who have graduate degrees in psychology-related fields and/or a coaching certification. Each thoughtfully vetted to provide high-quality support.
Because my employer is offering Ginger, they (and my manager) can see when I sign up and my conversations.
False

Ginger does not share individual service usage, conversations, or other personal information with your employer (or your manager). Information exchanged with your Ginger care team is confidential between you and them.
Your questions are welcome!

have more questions? Email help@ginger.com
Thank you.

Looking for more content and resources? Sign up for the Ginger Journal ginger.app.link/GingerJournal