Therapy4Feds

Therapy4Feds was established in 2025 to ensure every federal employee facing job loss has immediate access to compassionate, confidential, and affordable mental health care. You dedicated your career to serving the public—now let us support you through this transition.

A Lifeline for Former Federal Workers

Confidential, Affordable Care for Your Next Chapter

Why you deserve support

You built your life on service:
Decades of dedication shouldn't end in sudden uncertainty. Your work mattered, and your well-being matters now.

Navigating Unprecedented Stress:
Facing sudden career loss takes a heavy emotional toll. You don't have to process this life change alone.

Built Specifically for Feds:
Connect with licensed professionals who understand the unique culture, pressure, and grief of federal workforce departures.

" After losing my agency role, I felt completely lost and overwhelmed. Therapy4Feds connected me with a practitioner in days who truly understood what I was going through. It gave me my footing back. "

Featured On:
FEDERAL NEWS NETWORK The Washington Post

Care Within Your Reach

Finding help shouldn't be complicated or financially burdensome during a career disruption. We've removed the typical barriers to care.

Accessible Pricing
Access practitioners offering pro-bono sessions or capped at a maximum of $30 per session.

Qualified Professionals
Filter through vetted MDs, PhDs, LCSWs, LPCs, LMHCs, and LMFTs licensed in your state.

therapy4feds.org

FIND CARE IN 60 SECONDS

SCAN THE QR CODE TO MATCH WITH A THERAPIST TODAY

100% Confidential
No employer tracking or public records—your privacy is completely protected.

Connect in 24hrs
Search our state directory immediately and reach out directly to available providers.

ZERO Friction
Simple, streamlined directory search designed to get you support without red tape.

Visit www.therapy4feds.org to search the directory and find a provider