Good Faith Estimates & Pricing Information

Therapy Is Cool LLC

Therapy Is Cool LLC is committed to helping individuals understand the cost of mental health services and their financial responsibilities before beginning care.

Insurance and Payment

Therapy Is Cool LLC participates in certain insurance plans. When using insurance, the amount paid for services depends on your insurance benefits, applicable deductibles or copayments, and our contractual arrangements with your insurance plan. Our standard charges may differ from the amounts insurance plans allow or pay under their contracts. Verifying insurance benefits does not guarantee coverage or payment. Because our insurance contracts may require us to bill applicable insurance coverage, individuals with insurance should contact us before assuming they can receive services through private payment instead of insurance.

Good Faith Estimates

Under federal law, individuals who do not have health insurance or who do not use their insurance to pay for a service may be entitled to a Good Faith Estimate of expected charges. A Good Faith Estimate is provided at no cost and describes the services and charges reasonably expected at the time the estimate is prepared. It is not a bill, and actual services or charges may differ. You may request a Good Faith Estimate before scheduling services. When required, we will provide the estimate within the applicable legal timeframe. If you receive a bill from a provider that is at least $400 more than that provider's Good Faith Estimate, you may be eligible to use the federal patient-provider dispute resolution process. Eligibility requirements and deadlines apply. For more information, visit the Centers for Medicare & Medicaid Services.

Please note that the availability of private payment and any reduced-fee arrangement depends on applicable law, insurance-contract requirements, and program eligibility.

Minnesota Pricing Information

Individuals may also request pricing information under Minnesota law. When you have no applicable public or private health coverage, this information may include the average allowable reimbursement Therapy Is Cool LLC accepts from private third-party payers for the services requested and the estimated amount you would be required to pay. We provide applicable pricing information at no cost and within the timeframe required by law.

Last updated: October 2026

Fee Reduction Program

Therapy Is Cool LLC offers a Fee Reduction Program for eligible individuals who need assistance accessing mental health services when insurance is not available, subject to program requirements and availability. Participation requires an application and approval before services are provided under a reduced-fee arrangement. Applying does not guarantee approval. Fee reductions are subject to applicable insurance-contract requirements and the terms of our program. Please contact us to learn about eligibility and how to apply.

Requesting Pricing Information or a Good Faith Estimate

To request pricing information or a Good Faith Estimate, contact:

Therapy Is Cool LLC
1400 Madison Ave., Suite 602
Mankato, MN 56001
Email: rachel@therapyiscool.org
Website: https://www.therapyiscool.org

Please identify the service you are considering and the anticipated timing of care. For your privacy, do not include detailed mental health information in an ordinary website contact form or unsecured email.

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