

WHERE TO

A resource dedicated to student-athletes
and their Life after Notre Dame.



LAND

JUNE 2024

MENTAL WELLNESS AND SAFETY NET NAVIGATION: LIFESTANCE HEALTH



LifeStance
HEALTH

Project LAND provides customized services to former student athletes, managers, and trainers as they transition to life after sports. As one of the nation's largest providers of outpatient mental healthcare, LifeStance believes that there is no one face to mental health conditions and no one-size-fits-all approach to treatment.

LifeStance is proud to partner with LAND to provide trusted, affordable, and personalized mental healthcare and help each person design their own customized care plan.

ABOUT LIFESTANCE

LifeStance and its supported clinicians include **psychiatrists, psychologists, and licensed therapists** who are ready to support you. LifeStance supported practices offer **both in-person and telehealth appointments**, so you get the care you need in the format that serves you best. LifeStance also **accepts most insurance plans**, allowing you to get the most from your treatment plan.

ACCESS COMPREHENSIVE CARE, PERSONALIZED TO YOU

LifeStance provides a range of comprehensive outpatient **services**, including psychotherapy, psychiatry, medication management, psychological testing and evaluation, and more. Patients can choose in-person or virtual visits, select from one of the largest networks of providers, and book appointments with ease online or over the phone.

HOW TO GET STARTED

With over 6,800 clinicians across 33 states, it's easy to **find a provider**. You can filter your search by **service, location, condition, and insurance**. Choose in-person or virtual visits and book appointments with ease online or over the phone. For more information, visit www.lifstance.com.

At LifeStance, patient care is paramount – its clinicians are ready to help former student-athletes, managers, and trainers with mental health services when and where they need it.