

GROW



Media Kit

ABOUT US

Grow Therapy (Grow) is a mental health care company that connects and supports patients, providers, and health plans. Grow makes it easy for people to find incredible, insurance-covered care, while helping therapists build thriving practices.



Grow Therapy Fast Facts

A rigorously vetted network of 26,000 providers delivers high-quality, affordable care.

60% of Grow providers opt-in to Medicaid and Medicare, which is nearly double the national estimates from the HHS inspector general. Clients covered by Medicaid pay \$0 out of pocket.

Clients can typically see a provider within two days, compared to 48-day national average wait time for behavioral health services.

Grow clients can find providers equipped to meet their specific needs – from offering mindfulness and cognitive behavioral and trauma-informed therapies to treating depression and anxiety. Clients also can select providers based on non-clinical attributes such as language, sexual orientation and gender identity.

135 specialties and treatment methods available



Grow is removing barriers to starting independent health practices and attracting a diverse provider base, across race, ethnicity, language, and other culturally relevant factors, who are well-equipped to serve their communities.

56% of providers identify as BIPOC (39%) or Latinx (17%)

41% of providers specialize in youth mental health

20 languages spoken



Client Experience and Clinical Quality

Our best-in-class Measurement Informed Care (MIC) platform gives clients and providers a clearer view of treatment progress and powers Grow’s value-based care arrangements with national and regional health plans, aligning payment with improved outcomes.

Most clients with moderate to severe depression and anxiety achieve clinically significant symptom improvement and report a better quality of life. According to Grow’s internal data, 80% of clients see measurable symptom improvement within 30 days.

Beyond symptom relief, 95% of clients report a strong or very strong therapeutic alliance with their Grow provider, based on empathy, trust, and rapport.

Grow’s AI-assisted clinical tools help therapists be more present in session and give clients better insight into their care, enhancing therapeutic efficacy.

Grow Therapy offers a suite of artificial intelligence tools to help clients and therapists surface focus areas before each session, making therapy sessions more productive and personalized. Our AI-assisted products include:

AI-powered clinical documentation:

Automated note-taking and session insights.

Pre-visit summaries

AI-generated clinical overviews that help providers prepare for sessions by synthesizing previous notes, treatment goals, and outcome measures

Between-session reflections

Prompts that help clients journal between appointments and provide AI-summarized themes to share with their providers.

Funding

Grow Therapy (Grow) is a mental health platform empowering providers to deliver exceptional in-person and online therapy and psychiatric care. Its rigorously vetted network of 26,000 providers delivers high-quality care covered by insurance, with 220 million Americans able to access Grow through their health plan. Grow Therapy has raised \$328 million, and key investors include Sequoia Capital, Goldman Sachs Alternatives, Transformation Capital, TCV, SignalFire, Plus Capital, BCI and Menlo Ventures. More information about Grow Therapy can be found at growtherapy.com.

GROW'S CELEBRITY INVESTORS INCLUDE

Anna Kendrick

Lily Collins

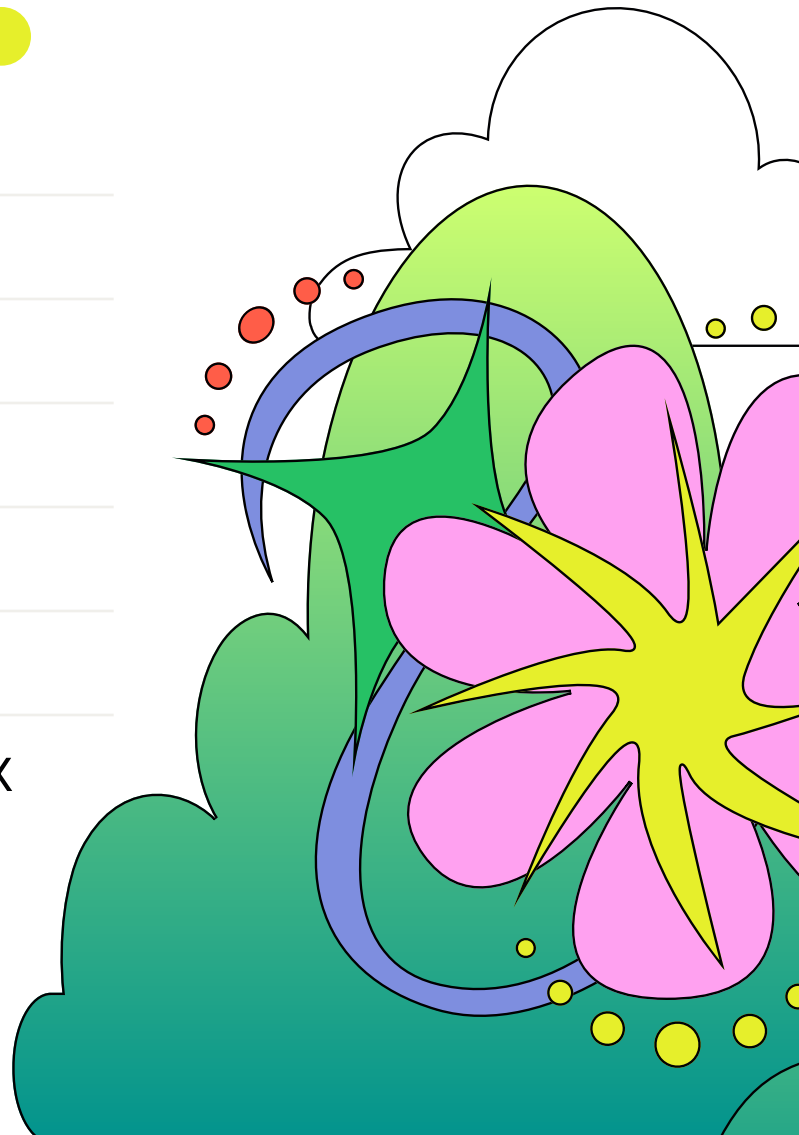
Dak Prescott

Joe Burrow

Jrue and Lauren Holiday

Klay Thompson

Prince Harry, Duke of Sussex





Jake Cooper

CEO and Co-founder

Jake Cooper is the CEO and Co-Founder of Grow Therapy. He co-founded Grow with the mission to build a better kind of therapy, one that's accessible, inclusive, and grounded in human connection. Under his leadership, Grow continues to support thousands of providers and millions of clients in finding care that truly fits their needs.



Alan Ni

Chief Technology Officer and Co-founder

Alan Ni is the Co-Founder and Chief Technology Officer of Grow Therapy. A computer scientist by training, Alan earned his degree from Duke University and held product and engineering roles at Stripe and Google before co-founding Grow. He leads the company's engineering, product, and design teams, where he is focused on building AI-enabled systems that pair world-class providers with technology designed to improve safety, personalization, and continuity of care.

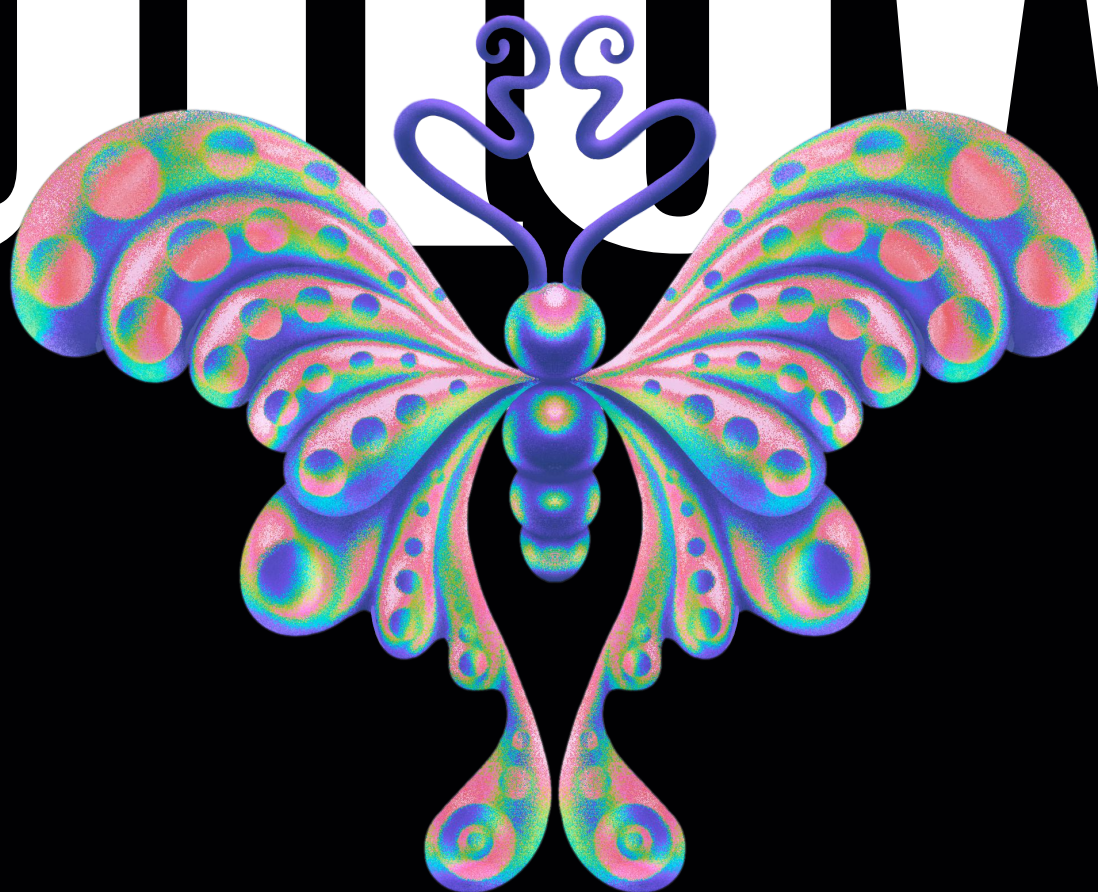


Manoj Kanagaraj, MD

Chief Strategy Officer and Co-founder

Manoj Kanagaraj, MD, is the Co-Founder and Chief Strategy Officer of Grow Therapy. A physician by training, Manoj earned his medical degree from Harvard Medical School and studied at Harvard Business School. He brings a clinical and strategic perspective to Grow's mission of expanding access to care while supporting therapists in building sustainable, thriving practices, and leads the company's work at the intersection of partnerships, care delivery, and research innovation.

GROW



Thank you

Kristina McPherson
Head of Communication
Kristina@growththerapy.com