

MoodRx LLC Launches Naya Therapy: First Online Mental Health Therapy in PA Exclusively for Young Adults in Their 20s

New service offers free screenings and online therapy tailored to 20-somethings, with insurance coverage and easy access across Pennsylvania.

WAYNE, PA, UNITED STATES, September 8, 2025 /EINPresswire.com/ -- MoodRx LLC, a leading provider of online mental health services, today announced the launch of Naya Therapy, the first online mental health therapy service in Pennsylvania designed exclusively for young adults ages 20 to 29.

Amid rising rates of anxiety, depression, and loneliness among twenty-somethings, Naya Therapy addresses an urgent need by combining age-specific expertise with

the convenience of secure online therapy. Unlike generalist practices, Naya Therapy focuses solely on issues most relevant to young adulthood — including academic stress, early career transitions, financial uncertainty, and relationship challenges.

“Young adults are navigating one of the toughest transition periods of their lives, and therapy should be viewed as a support tool — not a sign that something is wrong,” said Kruti Quazi, LPC, Founder and CEO of MoodRx LLC. “At Naya Therapy, our mission is to make professional support accessible, relatable, and stigma-free.”

Free Online Screenings: Awareness First

As part of its launch, Naya Therapy is offering free online mental health screenings for anxiety, depression, and PTSD. These screenings are designed to help young adults take the first step



toward understanding their mental health needs.

Screenings and therapist requests are available directly at www.nayatherapy.com

“We believe awareness is the most important step in getting support,” Quazi added. “Just as you would check your blood pressure or cholesterol, a mental health screening gives you the information you need to make informed choices about your well-being.”

Growing Demand in Pennsylvania

The need for mental health support among young adults in Pennsylvania is urgent. Nearly 2.35 million adults in the state experience a mental illness each year, with 591,000 living with a serious mental illness. In 2023, 19.3% of Pennsylvania adults reported experiencing depression, up 4% from the prior year. Alarming,

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Too many 20-somethings feel alone in their struggles. Naya Therapy ensures no young adult in Pennsylvania has to face life’s challenges without support.”

Sami Quazi, Founder & COO

over half of Pennsylvania youth with depression received no treatment, highlighting a major service gap that Naya Therapy aims to close.

Broad Insurance Coverage for Accessibility

Naya Therapy makes care affordable by accepting both insurance and direct-pay options. Current in-network coverage includes:

Aetna
Optum (United Behavioral Health)
Independence Blue Cross (IBC)
Medicare (for qualifying young adults with coverage)
Magellan
Ambetter
Direct Pay options for those preferring out-of-network or self-pay

Designed for a Digital Generation

No-Cost or Low-Cost Therapy

Get coverage for therapy sessions through your health insurance today!

Independence

United
Healthcare

Optum

aetna®

Medicare.gov

ambetter

QUEST

Magellan
HEALTH

AVAILABLE IN PENNSYLVANIA NOW

All sessions are conducted via HIPAA-compliant video platforms, enabling clients to attend therapy from home, campus, or workplace. With flexible scheduling, Naya Therapy eliminates barriers such as commuting and limited office hours — making consistent mental health care more attainable for busy young adults.

About MoodRx LLC

MoodRx LLC is a Pennsylvania-based provider of online mental health services for individuals, couples, and families. Through its specialized programs — including Silver Lining Clinics for Medicare-based senior care and the newly launched Naya Therapy for young adults — MoodRx delivers accessible, high-quality therapy across life stages.

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