



About InStride Health

Co-founded by two of the clinicians who co-developed the McLean Anxiety Mastery Program (MAMP) at McLean Hospital — the nationally recognized program for children and adolescents with moderate to severe anxiety and OCD — InStride Health offers technology-enhanced mental health treatment. Through this innovative care model, InStride is leading the way to provide desperately needed access to more effective treatment of anxiety and OCD. Driven by the belief that the children and families living with mental health struggles deserve better access and outcomes so they never have to worry alone, InStride is more than a continuum of care — it's a pathway to a healthier life and hope for a more promising future.