

Connecting Spanish speakers living abroad to professional psychologists who speak your language

Our mission is to help Spanish speakers living abroad find online psychological therapy with professionals who *speak your native language* and *understand your culture*.

CTA button: Get Therapy in Spanish

Talk with experts who share your culture

Are you seeking psychological help in Spanish because you feel more comfortable and know you can *express yourself better* in your *native language*?

If you believe the *difference in culture* is important to **improve the results of your therapy** and you prefer to look for Hispanic professionals, then our Latin American psychologists are here to **help you**.

Your culture is a part of you — having a therapist who understands it helps you *find healing faster* because you *are understood*.

Remember that seeking help is a sign of courage, not weakness!

Trust in our Latin American psychologists

Our Hispanic psychologists are licensed and certified professionals who have *years of experience* treating various types of conditions such as:

- Fear
- Anxiety
- Stress
- Low self-esteem
- Guilt
- Lack of meaning
- Lack of sleep
- A sense of failure

They are experienced in *family, relationships, and work-related* mental health therapy.

Get affordable online therapy

Getting help to **improve the quality of your life** *doesn't have to be expensive*.

Financial barriers should not interfere with your happiness, nor should they be obstacles to *achieve your personal goals*.

We want to help you get mental health therapy for **only \$50 per session**.

We offer a mental health service that is **convenient, affordable, and confidential**.

Make your own schedule

We adapt to your availability. You can schedule appointments with your psychologist at the most convenient time for you, so it's easy and fast.

Therapy sessions are online, so you can have your sessions at home or *wherever you feel most comfortable*.

Sharing your thoughts with a professional therapist can bring you *understanding and strength*.

Don't delay getting help, we are here for you.

CTA button: Get Started Today

How it Works:

1. Respond

You answer a few personalized questions so we can get to know your needs and match you with a professional that can help.

2. Receive

We match you with three professionals who are most likely to be a good fit for you based on your answers.

3. Choose

You choose one match and schedule the first session to determine if it's a good fit.

You can also schedule a session with all three of them to see who you connect best with.

4. Schedule

You schedule your future sessions.

You can *always request new matches, and change psychologists* if you feel it's not a good fit.

CTA button: Get Matched for Free

Real stories of courage

“After feeling *misunderstood* by local therapists in the UK, I decided to give Zico a try. Dani helped me *connect the issues* I’m currently facing to *relevant cultural differences*. She helped me *identify thought patterns* that were *keeping me stuck*, and gave me introspective assignments I never thought could have **such a significant impact on my wellbeing**. Dani’s a great listener and has been the best therapist I’ve had so far.”

Ana Paredes

“Luis is very knowledgeable, professional, and *supportive*. He’s very easy to talk to and down to earth. Working with Luis has been the **most positive therapeutic experience** I’ve had, I can feel **my state of mind improving**. I’m not afraid to *communicate* with others or *ask for help* anymore. I strongly recommend Zico to my fellow Latinxs.”

David Noruega

“Talking to Estela has been very easy for me, she makes me feel like I’m *talking with a close friend*. I never thought I would look forward to sharing my feelings on a video call. Having a similar background has been *incredibly helpful for me* after feeling *disconnected from local therapists*. I feel Estela **genuinely cares about my wellbeing and progress**. I feel understood by her and I’m grateful for her support.”

Armando Perez

We know how lonely and unsupported one can feel living in a new and different place.
We’ve felt sad and low without really knowing why.
We’ve had feelings of hopelessness and worries.
We’ve thought that our situation would never change.

We’ve been there as well.

This is why we want to **help you find support** to feel *understood* and *connected*, by expressing yourself in your *native language* with professionals who *share your culture*.

Wherever you are in the world, connect with our therapists on any device at any time.

CTA button: I’m Ready to Start