

Joule Health & Wellbeing Breaks Barriers to Care by Offering Immediate Stress Relief Services

April marks National Stress Awareness Month, and Joule is meeting the moment with accessible, same-day stress support

SPOKANE, WA, UNITED STATES, April 15, 2025 /EINPresswire.com/ -- As National Stress Awareness Month shines a spotlight on the ongoing challenges in stress support access, Joule Health & Wellbeing is stepping in to bridge critical gaps with its same-day, low-cost stress support services. Joule offers immediate sessions starting at \$65, without the need for insurance, referrals, or clinical diagnosis—removing many of the barriers that prevent individuals from seeking timely support.



It's not therapy. It's not a chatbot. It's a real conversation with a real person who knows how to help you reset, regulate and move forward.

With millions of Americans facing weeks-long waitlists and rising costs for traditional therapy, Joule's direct-to-consumer platform provides a fast, accessible alternative. The company's flexible scheduling, including evening and weekend availability, allows individuals to book certified wellness sessions nationwide, often within hours.

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At Joule, our mission is to remove the common barriers—like delays, cost, and complexity—so people can access stress support when they need it most.”

Leah Masten

“Stress Awareness Month highlights just how many people are impacted by stress, yet support remains difficult to access,” said Leah Masten, Founder of Joule Health & Wellbeing. “At Joule, our mission is to remove the common

barriers—like delays, cost, and complexity—so people can access stress support when they need it most.”

Joule's model meets the growing demand for practical, preventative care that doesn't require navigating complex insurance networks or waiting for clinical referrals.

Key features include:

- Same-day sessions with certified wellness professionals, accessible nationwide
- Transparent pricing starting at \$65, with no insurance or referral needed
- Flexible scheduling, including evenings and weekends
- No diagnosis required, offering straightforward access to stress support



Online sessions are personalized, completely confidential, and focused on helping you feel better right now.

While not a replacement for therapy or crisis intervention, Joule complements existing care options by providing rapid-response support to individuals seeking immediate relief from everyday stress and overwhelm.

Traditional avenues, including Employee Assistance Programs and private therapy, remain underutilized or difficult to access due to administrative barriers and limited availability. Joule aims to change that by making support easy to find and simple to schedule.

"Support shouldn't depend on a diagnosis or an open slot weeks away," Masten added. "We're helping people take proactive steps to manage their wellbeing before they hit a breaking point."

Individuals can book sessions directly at joulewellbeing.com, choosing times that suit their schedules and preferences.

Leah Masten

Joule Health & Wellbeing

+1 509-295-2141

support@joulewellbeing.com

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