



Core Services

Teletherapy

Dedicated behavioral health and emotional well-being support from a licensed clinician via unlimited messaging (text, voice, video) and video appointment.

Self-Guided Exercises

Exercises, such as meditation and journaling, are available to use anytime, whether or not members engage with a therapist.

Psychological Testing

Dedicated evaluation, prescription, and medication services from a licensed prescriber via video appointment only.

Relationship Tools

Self-guided relationship counseling tools to improve relationship satisfaction, featuring topical sessions, discussion guides, live workshops, and more.

*Incremental service options can be used in combination with therapy

Capability Statement

Who We Are

Mbue Wellness, headquartered in New York City, is a small and minority owned business established in 2019. We specialize in providing healthcare services to the federal government, enterprises, individuals and groups.

We are dedicated to delivering resiliency building, prevention oriented, culturally sensitive, systems focused, and developmentally appropriate services across settings. Through a range of prevention, wellness, and outreach programs, our consultants apply business process or equirements analysis, decision theory, and quantitative methodology to translate our stakeholders' organizational goals into reality.







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Top 10 NAICS Codes:

622110, 621399, 621340, 621999, 621111, 621112, 621498, 621511, 621330, 561320, 54161