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## InStride Health raises \$30 million for pediatric mental health services

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Photo by InStride Health.

**InStride Health raises \$30 million for pediatric mental health services.** About one-third of young people will struggle with anxiety disorder or obsessive compulsive disorders by the age of 18. Boston-based InStride launched in 2021 to provide affordable specialty outpatient care for young patients. The company uses evidence-based treatments such as cognitive behavioral therapy and exposure and response prevention. InStride says 90% of its nearly 1,000 patients experienced a reduction in anxiety after two months. InStride's digital platform offers care "at a lower cost than inpatient care, making it easier for underserved populations to access care," said **Erin Sietstra** of San Francisco-based **Hopelab**, founded by the Omidyar Group, which backed InStride's Series B round. Other investors in the round include **General Catalyst**, **Mass General Brigham Ventures** and **.406 Ventures**.