

Hand off with confidence. *Know* what happens next.

The new **Mindful Care Referral Portal** lets you follow every referral from first contact to first appointment, with progress notes when you need them.

01**Follow every referral**

See when each referred individual is contacted, scheduled, and seen for a first appointment. Statuses update daily, so you're never left guessing.

02**Start care together**

Minutes after you send a referral, the person you referred, your community liaison, and our care team are all notified.

03**Close the loop**

Request progress notes in one click after a first appointment. With a signed HIPAA authorization, you'll have them within 5 business days.

Your referrals, at a glance

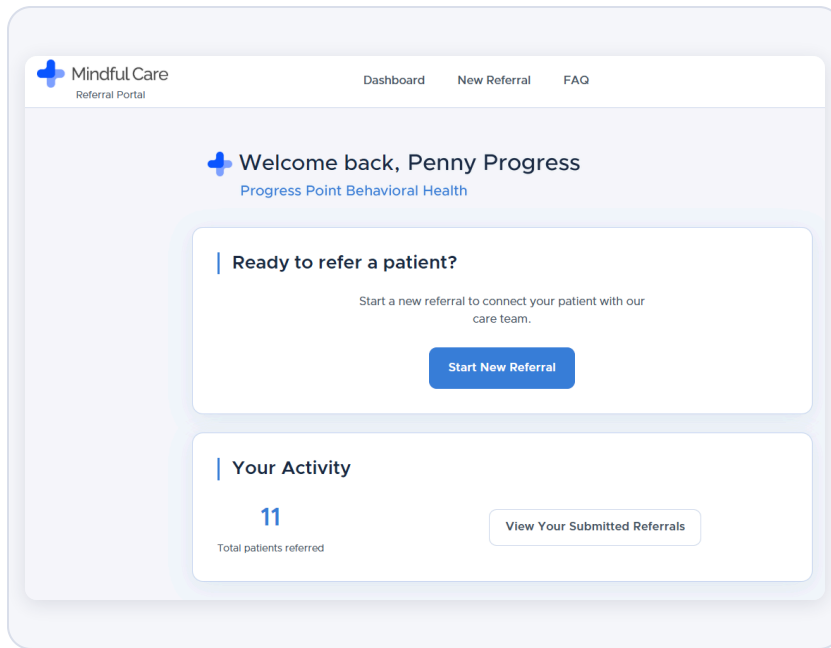
Every person you refer, every status, all in one view.

 Mindful Care Referral Portal		Dashboard	New Referral	FAQ	Penny Progress Progress Point Behavioral Health	Log Out
← Back to Dashboard						
 Submitted Referrals						
PATIENT	DETAILS	FIRST APPOINTMENT	REFERRAL STATUS	PROGRESS NOTES ¹		
Name not available maya.caldwell@example.com	Outpatient October 19, 2026	Not scheduled	1 Patient Contacted	2 Not available		
Natalie Monroe natalie.monroe@example.com	Outpatient October 19, 2026	10/27/26 10:00 AM	Patient Scheduled	Not available		
Caleb Foster caleb.foster@example.com	Outpatient October 18, 2026	10/19/26 10:00 AM	First Appointment Complete	Request Progress Notes		
Julian Brooks julian.brooks@example.com	Outpatient October 17, 2026	10/18/26 10:00 AM	First Appointment Complete	Request Progress Notes		

1 Daily status updates**2** Request progress notes in one click

Where every referral begins

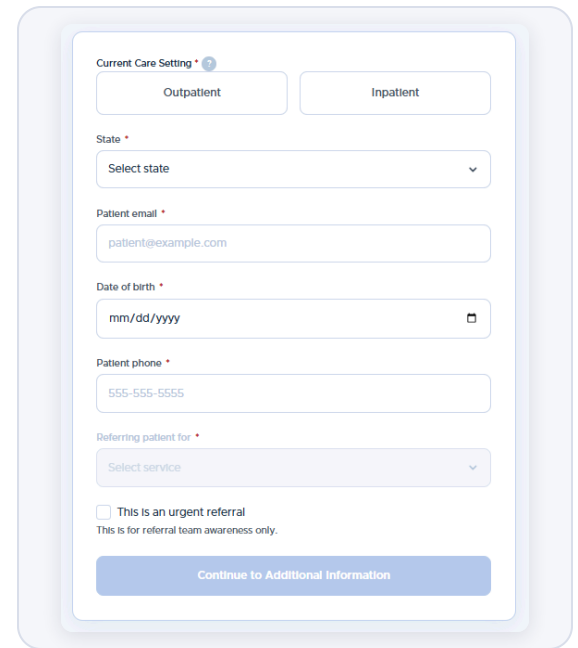
Start a referral, check status updates, and find answers in the FAQ.



The screenshot shows the Mindful Care Referral Portal dashboard. At the top, there's a navigation bar with 'Dashboard', 'New Referral', and 'FAQ'. The main content area welcomes 'Penny Progress' from 'Progress Point Behavioral Health'. A central card asks 'Ready to refer a patient?' with a 'Start New Referral' button. Below this, a 'Your Activity' section shows '11 Total patients referred' and a 'View Your Submitted Referrals' button.

From referral to first contact

Share the key details, and our care team takes it from there.



The screenshot shows a patient information form. It includes fields for 'Current Care Setting' (Outpatient/Inpatient), 'State' (dropdown), 'Patient email' (text), 'Date of birth' (text with calendar icon), 'Patient phone' (text), and 'Referring patient for' (dropdown). There's a checkbox for 'This is an urgent referral' and a 'Continue to Additional Information' button at the bottom.

Care the people you serve can count on

Psychiatric urgent care

Same- and next-day appointments

Ongoing psychiatric care

Consistent, long-term support

Therapy

Individual, group, and MicroTherapy™

Addiction recovery

Medication-assisted treatment and therapy

ADHD program

Available in CT, NJ, and NY

TMS therapy

Transcranial magnetic stimulation in West Hempstead, NY

Why partners refer to us

- ✓ In-network with 100+ insurance plans, including Medicaid, Medicare, and TRICARE
- ✓ Same- and next-day psychiatric availability, whether you refer from inpatient or outpatient care
- ✓ A dedicated community liaison in your region and a care team that collaborates with you

Create your Mindful Care Referral Portal account today

mindful.care/referrals

[Click to get started →](#)

Takes less than a minute to sign up

About Mindful Care

Making mental healthcare accessible for everyone.

Outpatient care starting at age 12, with telehealth across NY*, NJ*, CT*, FL, IL, and MI.

*In-person locations available. Therapy and TMS for ages 18+.