

HOW TO FIND A GOOD THERAPIST

- Use sites like Psychology Today or Good Therapy to search for therapists in your area (you can filter your preferences).
- Call the number on the back of your insurance card to find someone in network and pay the co-pay fee.
- Opt out of using your health benefits and pay the full fee. (Insurance companies won't see your diagnosis if you use this option).
- Inquire about a sliding scale fee, many professionals offer this as an option.
- If finances are an issue, contact your local mental health clinic, job (inquire to see if EAP is offered), or University for resources.
- Seek out and see if a consultation is offered and schedule one to ask more direct questions you have in person.
- Read therapists bios and specialty areas to get a sense if they will be a good fit.
- Check out their websites or business accounts on social media to get an idea of their style.

