

# TIPS ON HOW TO FIND A THERAPIST

Finding a therapist can feel overwhelming.  
Here are a few suggestions that might help.

## »»»» INSURANCE PROVIDER



If you plan to use insurance to pay for therapy, determine the behavioral health benefits of your plan (number of sessions, co-pay or co-insurance, deductible, Employee Assistance Program benefits (EAP) from work). Ask your insurance for a list of contracted providers.

## ONLINE DIRECTORIES <<<<

Search reputable online directories, such as Psychology Today and APA Psychologist Locator, to find licensed behavioral health therapists. You can filter your search based on zip code, insurance plan, cultural and gender preferences, and more. Remember not every therapist will be listed online.



## »»»» LOCAL UNIVERSITY CLINICS OR COUNSELING CENTERS



Some universities offer counseling services to the community. Look online or call various schools to see what might be available. Universities may also be able to provide a behavioral health referral list.

## ASK FRIENDS AND FAMILY



Asking people you trust is another way to gain helpful information. This can be a good place to start, but keep in mind you may have different needs, personality, or budget than your loved ones.

## REFERRALS FROM PRIMARY CARE PROVIDER OR DOCTOR

Ask your primary care provider for a referral list of behavioral health providers. Keep in mind that not all therapists accept your insurance, so be sure to ask.



## LOCAL COMMUNITY MENTAL HEALTH CENTER



Within many communities are local mental health centers. Colorado has many community mental health centers, such as AllHealth Network. A quick internet search can help you find the nearest center to you. Centers will have different therapist availability, areas of focus, and accepted insurance plans.

## TELE MENTAL HEALTH

Several organizations provide online therapy. Search for trustworthy companies that provide licensed therapists to see if this an option you would feel comfortable with.



Once you find a few options for therapy, try to set up an initial phone consult — to find a therapist that has openings and is the right fit for you. Consider — contacting several therapists before making a decision.