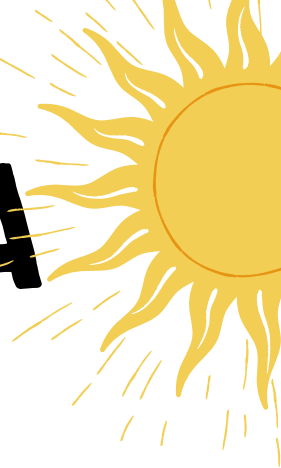


STEPS TO FIND A THERAPIST



Understand your needs

What are you looking for in therapy? Is there a specific issue you would like to focus on? Take some time to reflect on the kind of support you are looking for. Don't know? Click [here](#) for some ideas.



Virtual or in-person?

During the 2020 COVID pandemic, many therapy offices made the choice to offer online only services. It is important to know if you prefer online or in-person services so you can match with a therapist who offers what you are looking for.



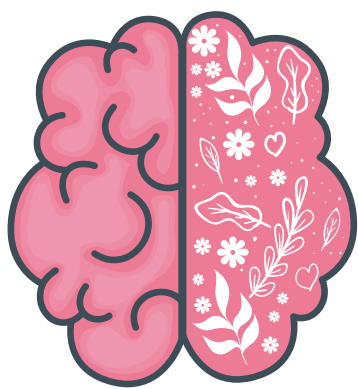
Check your insurance

Does your insurance cover mental health related services or do you need to pay out-of-pocket? Many therapy offices only accept specific insurances, while others offer a sliding scale form of payment. You can call your insurance company to ask what services they cover and if they have a recommended list of providers.



Do your research

Once you understand what you are looking for from therapy, what style resonates with you, and what your insurance covers, you can begin doing your research of therapists that can help you. Below are some websites you can use to begin your search.



Websites to find a therapist:

- <https://www.psychologytoday.com/us/therapists>
- <https://www.zocdoc.com/>
- <https://www.betterhelp.com/>
- <https://www.goodtherapy.org/find-therapist.html>

Call and schedule an appointment!

Time to make therapy a reality. Keep in mind that sometimes therapist have a waitlist. Do not get discouraged if your appointment is weeks or months out. It is better to be on a waitlist or have a distant appointment than nothing at all. In the meantime, check out MHA's free programs [here](#)!