

How To Find a Therapist



FIND SOMEONE TO TALK TO

Finding a therapist can be overwhelming.
Here are some tips on where to start:

Therapy is an important part of treating many mental health conditions, teaching you how to cope with stress, and helping you be the healthiest version of yourself.

★ Another great way to find a therapist is to ask your primary care doctor for a referral.

Steps to find a therapist:

- **Decide what you want help with**
- **Look at your finances/insurance**
- **Find a therapist (see resources below)**
- **Look for a good cultural and personality fit**
- **Try 3 to 5 therapy sessions**

THERAPY APPLICATIONS

- BetterHelp 
- Talkspace 
- Calmerry 
- Pride Counseling 
- Teen Counseling 

WEBSITES

- Psychologist Locator:**
<https://locator.apa.org>
- Psychology Today:**
<https://www.psychologytoday.com/us/therapists>
- Good Therapy:**
<https://www.goodtherapy.org>

