

Mental Health Help & Resources



Finding Therapy

Finding a therapist that works for you is one of the most overwhelming parts about starting therapy. But once you get past this first hurdle, you can find a lot of relief and support. Where do you start looking for a therapist? There are a lot of websites that are just brimming full of therapists that work in communities, private practice or freelance. Just make sure they 1. Accept your insurance and 2. Fit your needs.

1. Proximity

Location is really important for a lot of people. This is really up to you on how far you're willing to travel for therapy. Some things you may want to consider: do you prefer walking to therapy? How far would you like to commute? What's in your insurance/network area? Would you like to do therapy via telehealth? Are you strongly opposed to telehealth? People have all kinds of preferences: spend time considering yours before you start looking.

2. Insurance

Payment can be a big source of stress when looking for professional help. You want to make sure you find something that is covered by insurance and/or is affordable for you. Luckily there are a lot of different places that work with you to make sure you're getting the help you need without having to compromise money for something that you'd use to feed yourself. If your insurance coverage is not the best, look for a therapist that offers sliding scale fees.

3. Specialties

You want someone that fits your needs and understands you. There are specific things that people want to address in therapy. For example: I look for someone who specializes in Complex-PTSD, trauma, Electromagnetic Therapy, EMDR, Talk therapy, DBT, GAD, phobias, etc. You may not know much about different types of therapy. That's ok! Another way to approach specialties is by focusing on the concerns that are bringing you to therapy: you might look for someone with expertise in grief, anxiety, or relationship challenges.

4. It Is All About YOU

Think of going to therapy as emotional brain shopping. I know that sounds really strange, but therapy is all about you. There are so many therapists out there in the world, however, there are only a few that are going to work best for you. It is okay to break up with your therapist if they are not working out for you. Listen to your brain and your gut, though it might be hard to do. It's a great indicator of what is working for you.

Places to Look

Websites, Apps & Clinicians, OH MY

There are a surprising number of websites that will help you find a therapist in your area using the prior criteria. Additionally, since the dawn of internet and smartphones, there are a lot of apps that you can use for anxiety and a place to talk to someone anonymously about issues that may arise.

Psychology Today (WEB) Online forum to look up mental health professionals. It allows you to filter based on all the things you're looking for and gives you the options that best fit the criteria.

General Practitioner Talk with your doctor about seeking therapy. Your GP generally knows you a little better than a completely new therapist, so it's nice to get their help. They typically have therapists they recommend. If you don't have a GP, that's ok too.

Better Help (WEB) Better Help is an online service that has thousands of mental health professionals all over the world. Their whole spiel is - "making professional counseling accessible, affordable, convenient - so anyone who struggles with life's challenges can get help, anytime, anywhere." You probably heard of this service being advertised on multiple platforms, but especially podcasts. If you don't want to go the traditional therapy route, it's a good alternative.

7 Cups (APP/WEB) Cups helps you find a professional in your area. It offers helpful tips, and lets you talk to a professional for free. It's also a great introduction for someone who is a little unsure if they want to begin therapy.

Stop, Breathe & Think (APP) This is an awesome app to use whether you are stressed or not. It is a meditation site that checks in with how you are feeling. Meditation doesn't work for everyone, but it is just a nice app that at least helps you get in touch with how you are feeling.

If it is an absolute emergency, go to the ER. At the ER they have psychiatrists that can help you through a mental health/illness breakdown. There is absolutely no shame in doing this. If you are uninsured and have a medical/mental health emergency and are nervous about going to the ER, take a breath and go anyway. They often have staff available that can help you get county insurance or work with you for suitable payment plans.