

# Finding a therapist that fits you well can take time and effort

When you're going through tough times, finding the right therapist can feel hard. It's like looking for an apartment when lots of people are searching too—there's high demand and not many options. You need to be patient, flexible, and understand that you might not find everything you want in one person.



# Step 1: Figure Out What You Need Help With


Think about why you want to see a therapist. Maybe you're feeling sad, stressed out, or overwhelmed with family problems. It's good to have an idea of what you want to work on so you can find a therapist who can help with those specific issues. But if you're not sure what you need, that's okay too. Sometimes just starting therapy can help you figure things out.



## Step 2: Think About You Will Pay for it

- Medicaid pays for therapy. What kind and how much depends on what state you live in.
- If you get disability services ask your case manager for help to find and pay for a therapist. Your provider agency might work closely with a community mental health center.
- If you have health insurance, check their website for a list of therapists. Be aware that you might have to pay upfront and then ask your insurance to reimburse you later. Some therapists also offer teletherapy, which might give you more options.




001-24566	
Office Visit: \$30 Urgent Care: \$40	Subscriber Name: Jonathan Smith Subscriber ID: XYB77489632158
 <b>Health Insurance</b>	Issuer (606740): 5100100063 Group Number: 00802367 Issued: 07/2024
	Plan: PPO RxBIN: 752201 RxGRP: PeBTYRX
	See back for additional details

## Step 2: Think About You Will Pay for it

- Paying Yourself: Therapy sessions can cost \$100 to \$200 or more, but some apps like BetterHelp offer lower-cost options. Some therapists offer sliding scale fees based on what you can afford.
- Free or Low-Cost Therapy: Some community health centers and organizations offer free or low-cost therapy, especially for people with Medicaid or no insurance.
- Your job might also have an Employee Assistance Program that provides free short-term therapy.



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## Step 3: Start Your Search



Once you know what you can afford, start looking for therapists. You can also ask your doctor, friends, or family for recommendations.

Here are websites you can search for therapists by location, issue, and more.

- <https://www.psychologytoday.com/us/therapists>
- <https://meetmonarch.com/>
- <https://www.goodtherapy.org/>

## Step 4: Make Sure They're a Good Fit for You

When looking at potential therapists, think about whether you'd feel comfortable with them. Some therapists share information about themselves online, like a bio or video, to help you get a sense of who they are. It's important to find someone you feel you can trust and talk openly with.





## Step 5: Reach Out and Keep Trying

Finding a therapist can take time, especially because so many people are looking for help right now. If you have friends or family who work in mental health, ask them for recommendations. Don't be afraid to ask for help from a trusted person to make calls or find information if you're feeling too overwhelmed to do it yourself.



## Step 6: Meet with the Therapist

Once you find a therapist who might be a good fit, schedule a consultation or first appointment. Come prepared with questions about their experience and approach to therapy. Pay attention to how you feel during the conversation.

- Do you feel listened to?
- Do you think you could work with this person?





## Step 7: Give It a Few Sessions

If you think the therapist could be a good fit, try at least 3 to 5 sessions to see how it goes. It might feel uncomfortable at first, but that's normal, especially if this is your first time in therapy. The important thing is to feel respected and to start building trust.





**LET YOUR VOICE BE HEARD**

Finding the right therapist takes time, but it's worth the effort. Remember, healing doesn't happen overnight, and finding the right person to help you is a big part of the journey.