

# Finding a Therapist

Finding a therapist can be overwhelming. Please review the below tips for help in your journey.

## Determine Your Need

There are several types of therapy options. The right option will depend on your level of needs.

1. Private Practice - Therapists in private practice typically work with clients with minimal needs. Clients may be seeking insight-oriented work and management of mild-moderate symptomatology. Session frequency is anywhere from weekly to monthly or more. Private practice therapists often work in practices that do not offer medication services.

2. Community Outpatient - Community mental health organizations offer a wide variety of services for many types of mental health service needs. Their organizations can often provide more comprehensive care in one location, such as frequent and infrequent psychotherapy intervention, psychiatry (i.e., medication), and other life supports (e.g., case management services, consultation, community support resources).

3. Intensive Outpatient - Intensive outpatient services are a level between community outpatient and residential. Their treatment usually consists of a set time period where the client attends therapy-related intervention services for 3 or more hours per day, for several or all days of the week. Organizations offering intensive outpatient are usually connected to community outpatient or inpatient treatment options.

4. Residential - Residential services are a level between intensive outpatient and inpatient treatment services. They are typically a longer-term option for care. In this setting, the client lives at the organization and receives comprehensive treatment until they are ready to return to independent living. Often, residential settings offer dual treatment (e.g., substance abuse and mental health treatment).

5. Inpatient - Inpatient treatment is available for people needing immediate help. This option is often used when someone is at risk of harming themselves or others or has an imminent need for safety. This setting usually offers comprehensive care and is often in a locked facility with heightened restrictions during the course of treatment.

## Finding Treatment

The most effective way to find a provider is to ask your primary care physician or reach out to your insurance provider. They can provide you with a list of providers/organizations in your local area that accept your insurance. If you do not have insurance, you can seek assistance via a community mental health organization. Community Mental Health Organizations often have liaisons to help with applying for state health insurance, finding community resources, and may offer an income-based reduction in fee for services.

If you want to research clinicians on your own, you can search via online platforms, such as Psychology Today. Many online platforms allow you to filter search results by your areas of concerns, insurance, type of therapy, price, and many other things. Each clinician on the platforms creates a biography section you can review to determine if the therapist would be a good fit for you and your needs. It could also be helpful to search online for organizations specific to your mental health needs (e.g., google search organizations that treat depression or google search therapists specializing in eating disorders in your area, etc.).

Please note, it is common for people to "shop around" for therapists because not all therapists may be a good fit for you and vice versa. Although it can be disappointing, it is important to remain patient and involved in the process. The more you can communicate and advocate for your needs, the more success you will have finding a therapist that is effective for you.

If this is an emergency, please seek help via the resources below.

Physical and Mental Health Emergency 911	Georgia Crisis & Access Line 800-715-4225
Mental Health Suicide and Crisis Hotline Call or Text 988 or Online Chat at <a href="https://www.988lifeline.org">988lifeline.org</a>	Crisis Text Line Text 741741