

# Finding a New Counselor

## Elmhurst University Counseling Services

It is important to find an affordable counselor with whom you feel comfortable. Here are some considerations as you look for a new counselor:

### ●Know Your Insurance Coverage:

-Do you have insurance coverage that you wish to use? The first step is to call your insurance company and find out what your mental health benefits are, including: any deductible and co-pay, the number of sessions covered per year, and whether they accept in-network vs. out-of-network providers. Often insurance companies have a list of their providers online so that you can look through the counselors and find a few near you to call.

-If you are using a family insurance plan, we recommend that you have a discussion with your parents about seeking a counselor. If you use family insurance, your parents will receive information from the health insurance carrier about your attendance in counseling.

### ●If You Don't Want to Use Insurance:

Sometimes students don't have insurance coverage or have insurance coverage but choose not to use it. In this case, it is important to determine how much you can afford to pay per session. Sometimes counselors will slide their fee for students who can't afford their full fee. Please note that often low-fee agencies have a waiting list, and it may take several weeks to get in to see a counselor.

### ●Find Someone With Whom You Feel Comfortable:

It is important to find a counselor with whom you feel comfortable and safe. You may need to visit a few counselors before you find one who feels like a good fit for you. Often counselors are willing to see you for 15-20 minutes at no charge so that you can ask them questions and get a sense of whether or not you'd like to work with them.

### ●Referrals

- *Psychology Today*: <https://www.psychologytoday.com/us>

- *Better Help (Online Therapy Platform)*: <https://www.betterhelp.com/>

### ●Low-Fee/Sliding Scale Referrals

- *Pillars Community Health*: 708-745-5277; <https://pillarscommunityhealth.org/services/behavioral-health-and-support-services/outpatient-mental-health/>

- *Metropolitan Family Services*: <https://www.metrofamily.org/programs-and-services/emotional-wellness/behavioral-health/>

- *The Family Institute at Northwestern University*: 847-733-4300; <https://www.family-institute.org/>

### ●Crisis Lines

*Crisis Text Line*: text "HOME" to 741741

*National Suicide Prevention Hotline*: 1-800-273-8255

*DuPage Department of Human Services 24-Hour Crisis Line*: (630) 627-1700

●For more information or help with finding referrals in your community, please contact Elmhurst University Counseling Services at (630) 617-3565