



Finding a therapist

Define your needs and goals

- **Identify the issues** – what specific mental health issues do you want to address
- **Consider your preferences** – do you have any preferences for types of therapy, the therapist's gender, or cultural background
- **Determine your goals** – what do you hope to achieve through therapy

Seek referrals and recommendations

- **Insurance provider** – contact your insurance provider for a list of in network therapists
- **Primary care physician** – your doctor can provide referrals and recommendations for therapists
- **Friends, Family, and other trusted individuals** – ask for recommendations from people you know and trust
- **Mental health organizations** – [NAMI](#), [The Jed foundation](#), and many other organizations can provide resources and directories

Research and evaluate therapists

- **Online directories** – Websites like [psychology today](#), [Good Therapy](#), and [TherapyRoute](#) offer extensive therapist directories
- **Online therapy platforms** – platforms like [UWill](#), [Better Help](#), and [TalkSpace](#) can connect you with therapists online
- **Check credentials and licensing** – ensure the therapist is licensed and credentialed in your state
- **Read reviews and testimonials** – gain insights into the therapist's approach and how they have helped others
- **Consider their specialties and experience** – ensure the therapist has experience working with your specific issue
- **Schedule consultations** – many therapists offer free low-cost consultations to see if they are a good fit

Make Your Choice

- **Trust your gut** – choose a therapist with whom you feel trusted, respected, and understood
- **Consider the therapeutic relationship** – it's important to feel a connection and a trust with your therapist
- **Don't be afraid to "shop around"** – it's okay to try a few therapists before finding the right one

Finding a New Counselor

Elmhurst University Counseling Services

It is important to find an affordable counselor with whom you feel comfortable. If you are seeing a counselor at Elmhurst University Counseling Services, they are available to help you with this process. 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 on-line so that you can look through the counselors and find a few near you to call. Elmhurst University Counseling Services also has a list of counselors we recommend, and you can ask if any of these counselors take your insurance.

-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. Elmhurst University Counseling Services has a list of counselors we recommend, and you can ask us for referral suggestions. We also have a list of low-fee referrals, and you can ask for a copy of this list. 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.

•Some Questions To Ask Yourself After Meeting With A Counselor:

- Do I feel comfortable with this person?
- Do they offer teletherapy?
- Does this person appear to be a competent, ethical professional?
- Am I satisfied with the answers I got to my questions?
- Are there areas I'm still uncertain about that make me wonder whether this is the right counselor for me?

•Referrals/Hotlines:

Psychologytoday.com/find a therapist- <https://www.psychologytoday.com/us>

Better Help- <https://www.betterhelp.com/>

Crisis Text Line- text "HELLO" to 741741

Illinois Call4Calm line- text "TALK" to 552020

National Suicide Prevention Hotline- 988

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