

# How to Find a Mental Health Therapist

Call your insurance company and ask about your mental health benefits. What is the coverage for therapy sessions and what local therapy providers are within your insurance network?

Do your research--- Most therapists have profiles or websites that tell you about their areas of expertise and therapeutic approach. Research the types of therapy offered by each mental health provider. Different approaches offered may be Cognitive Behavior Therapy (CBT), Acceptance and Commitment Therapy (ACT), Relational Therapy (RT), Psychodynamic Therapy, Mindfulness, etc. Familiarize yourself with these approaches and what might be the best fit for you.

Consider asking for a phone consultation prior to scheduling an appointment. Make sure you are comfortable with this provider and establish a good rapport.

## Search Tools:

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

Good Therapy: <https://www.goodtherapy.org/>

HelpPRO: <https://www.helppro.com/>

## County Resources:

Most counties have a designated office on mental and behavioral health that can direct you to mental health providers, services, programs, and support groups.

Department of Behavioral Health and Intellectual Disability Services <https://dbhids.org/>

Healthy Minds Philly <https://healthymindsphilly.org/en/>

Philadelphia Mental Health Center  
<https://www.pmhccares.org/>

## National Resources:

National Institute on Mental Health:  
<https://www.nimh.nih.gov/index.shtml>

National Alliance on Mental Illness  
<https://www.nami.org/>

MentalHealth.Gov  
<https://www.mentalhealth.gov/>

