

HOW TO FIND A COUNSELOR

When looking for a counselor there are many things to take into consideration which can sometimes feel overwhelming. It's essential to remember that you have options. This is not a comprehensive list but rather an outline of various aspects to think about when making a decision.

WHAT TO CONSIDER:

- What type of treatment model would you like?
Individual therapy, group therapy, medication, long-term, short-term, etc.
- What is covered by your health insurance?
Out of pocket expenses & what can you afford?
- What preferences do you have in a therapist?
Gender, type of therapist, etc.
- What qualities do you look for in a therapist?
Empathic, straightforward, gentle, honest, etc.
- How often would you like to be seen?
Weekly, every other week, etc.
- Is there anything that would prevent you from being successful in treatment?
Ambivalence, previous counseling experiences, transportation, time commitment, etc.

RESOURCES TO FIND A COUNSELOR NEAR YOU:

- Search for a provider through your insurance website
- Psychology Today: <https://therapists.psychologytoday.com>
- SAMHSA Behavioral Health Treatment Locator: <https://findtreatment.samhsa.gov/>
- National Alliance on Mental Illness: <https://www.nami.org/Find-Your-Local-NAMI>
- American Psychological Association: <http://locator.apa.org/>
- Review CCPPS' Community Referral list.
If you need additional assistance, call to schedule a Case Management appointment at Carruth: 304-293-4431

QUESTIONS YOU MAY WISH TO ASK:

- When is your first available appointment?
- How often can I be seen?
- Do you accept my insurance?
- What are your fees/do you have a sliding scale?
- What is your cancellation or reschedule policy?
- How long have you been in practice?
- What kind of interventions do you use?
- What kind of therapy do you do?

TIPS

- When contacting a provider in Morgantown, identify yourself as a WVU student and if you were referred by the Carruth Center.
- If you find that some providers share a common address, then they may work for the same practice. Use Google to help you find the practice website if one is not listed, you will be able to research more about types of services offered.
- Most private practices accept out of pocket payments for services which would not require insurance. Ask about fees & sliding scales.
- If you are uncertain about the type of treatment or type of provider you would like review the National Alliance Treatment & Services page: Mental Illness <http://www.nami.org/Learn-More/Treatment>