

# How To Find A Therapist In Your Community

Finding a therapist in the community may seem challenging, but with information and persistence, you can connect with someone who meets your needs and your schedule.

## **Before Starting Your Search**

Answer a few questions for yourself:

- What am I looking for in a therapist?
- What do I want help with? (e.g. anxiety, sleep, mood, adjustment to college or graduation, relationship issues, trauma, family relationships, learning difficulties, etc.)
- Do I want someone with specific skills? (e.g. cognitive behavioral training, experience with trauma, etc.)
- Do I want the provider I chose to hold particular identities?
- Do I want to use my insurance?

## **Helpful Search Tools**

- Psychology Today  
[www.psychologytoday.com](http://www.psychologytoday.com)
- The Shrink Space  
[www.theshrinkspace.com](http://www.theshrinkspace.com)
- Insurance (ask about Telehealth options!)

## **EAP (Employee Assistance Program)**

A voluntary, work-based program that offers free and confidential short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems.

To find out if you have access to EAP benefits, contact your employers Human Resources Department.

## **Tips for Choosing a Therapist**

- If you choose, you can also filter by therapy type, gender, and many other categories. If you do not have specific requirements, it can be a good idea to start with a wide search and refine if too many results come back.
- Read about therapists who interest you. Choose three or four that you are interested in exploring further.
- Call or email (usually easier) the therapist using the information listed on their profile.
- Include information about who you are, your needs, availability, insurance, contact information, and questions you may have
- You may need to follow up a second time, as many therapists are solo practitioners and handle all their email and phone calls after their workday. Be persistent. If someone does not return your call or email after two tries, consider looking for another person.
- If you use your insurance website, you will see ALL therapists who accept your insurance, however these lists are updated infrequently and depending on the insurance, less information may be available about individual providers.

# Resources

## NATIONAL MENTAL HEALTH HOTLINES

UNITED WAY 211 | 211

SUICIDE PREVENTION LIFELINE | 800-273-8255

NATIONAL CRISIS TEXTLINE | TEXT "HOME" TO 741741

LIFELINE CHAT | [WWW.SUICIDEPREVENTIONLIFELINE.ORG/CHAT/](http://WWW.SUICIDEPREVENTIONLIFELINE.ORG/CHAT/)

FREE BILINGUAL EMOTIONAL SUPPORT VIA FLORIDABLUE | 833-848-1762

IMALIVE ONLINE CHAT | [IMALIVE.ORG](http://IMALIVE.ORG)

GRADUATE STUDENT HELP LINE | 800-472-3457

TRANSGENDER CRISIS HOTLINE | 877-656-8860

LGBTQ+ HOTLINE | 866-488-7386

VETERANS HELP LINE | 800-838-2838

## SELF-HELP APPS

DOWNLOAD AND USE THESE TOOLS  
ANYWHERE AND ANY TIME!

### WELLTRACK | INTERACTIVE SELF-HELP THERAPY

A mental health platform for  
monitoring your mood & getting help  
when needed

### HEADSPACE | MEDITATION & SLEEP

Meditation and mindfulness in  
just a few minutes a day

### CALM | MEDITATE, SLEEP, RELAX

Sleep more. Stress less. Live better.

## AFTER HOURS

WHO TO CONTACT OUTSIDE OF NORMAL  
BUSINESS HOURS

### WELLCONNECT | 833-848-1761

For enrolled Rollins College  
students. Get connected with a  
licensed counselor

## TELEHEALTH THERAPY

SIGN UP AND PAY FOR SESSIONS WITH  
A LICENSED COUNSELOR

### TALKSPACE ONLINE THERAPY | [WWW.TALKSPACE.COM](http://WWW.TALKSPACE.COM)

Online counseling by text, audio or video  
messaging at an affordable cost

### BETTER HELP | [WWW.BETTERHELP.COM](http://WWW.BETTERHELP.COM)

Professional online counselors available 24/7,  
Private and affordable