



## Counseling Services

Here are some tips to help you find counseling services near you.

### First Steps

- **Contact your insurance.** Check the back of your insurance card for a phone number for mental or behavioral health that you can call and ask for local providers in your network.
- **If you have one, speak with your employer's Employee Assistance Program (EAP).** They usually have a list of local therapists. Your EAP may also provide short-term counseling and help you identify any longer-term therapy needs.

### National Organizations

- **The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline** 800-662-HELP (4357) TTY: 800-487-4889 or visit: [www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment) can help you find care near you.
- **If you don't have insurance, or need a sliding fee, look for a Federally Qualified Health Center.** They offer care including mental health and substance use services. They're authorized to provide telehealth services even if you've never been a patient at one before. Find a center near you: <https://findahealthcenter.hrsa.gov>.
- **HelpPRO:** <https://www.helppro.com>
- **Psychology Today Therapist Finder:** [www.psychologytoday.com/us/therapists](http://www.psychologytoday.com/us/therapists)

### In Your Home State

- **Call 211** - Call 2-1-1 on your phone 24 hours a day, 365 days a year, or search for your state's 211 website. 211 is staffed by trained specialists who quickly assess your needs and refer you to the help you need. 211 services are free, confidential, and available in many languages.

### Online Programs

There are several online sites that offer a variety of services including video meetings, phone calls, live chat and messaging. They can be helpful, but may not offer all of the services above, may have monthly/weekly fees, and may not be covered by insurance. Examples include Amwell, Better Help and TalkSpace. Learn more at: <https://www.apa.org/monitor/2017/02/online-therapy>.