



## Counseling Services – Rhode Island

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: [samhsa.gov/find-treatment](https://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: [findahealthcenter.hrsa.gov/](https://www.findahealthcenter.hrsa.gov/).
- **HelpPRO:** [helppro.com](https://www.helppro.com)
- **Psychology Today Therapist Finder:** [psychologytoday.com/us/therapists](https://www.psychologytoday.com/us/therapists)

### In Rhode Island

- **Call 211** - Call 2-1-1 on your phone 24 hours a day, 365 days a year, or search for services on the web [unitedwayri.org/get-help/2-1-1](https://www.unitedwayri.org/get-help/2-1-1). 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.
- **Rhode Island Department of Behavioral Health** – Call the program administrator at 401-462-3056 or see their website, [bhddh.ri.gov/](https://www.bhddh.ri.gov/) to search a list of mental health services by county or receive a full directory.
  - **Rhode Island Licensed Community Mental health Centers-** There are six centers throughout the state that can assist residents with behavioral health needs. Find your local center at: [bhddh.ri.gov/mental-health/licensed-treatment-providers](https://www.bhddh.ri.gov/mental-health/licensed-treatment-providers)
- **Mental Health Association of Rhode Island** – Call 401-726-2285 or visit their website [mhari.org/resources/](https://www.mhari.org/resources/) to find behavioral health services in your area.
- **Contact your local health center and hospital-** these organizations may also offer behavioral health.

## Support Groups

- **National Alliance on Mental Illness (NAMI) Rhode Island-** Offers support groups for adults that have experienced symptoms of a mental health condition. In addition, specific groups are available to family members. See group listings at: [namirhodeisland.org/support-and-education/support-groups/](http://namirhodeisland.org/support-and-education/support-groups/)

## 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>.