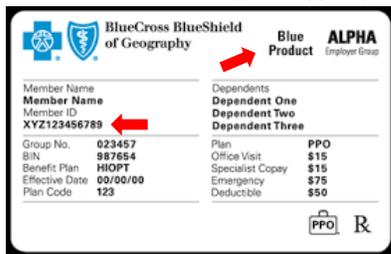


## How do I find counseling services in my area?

**Step 1:** Locate your health insurance card! Find the plan type, plan number, and customer service number. *If you're not insured, go to Step 8.*



**Step 2:** Call your insurance company (using the customer service number) to verify that mental health treatment is covered under your plan. Most insurance plans will cover some form of mental health treatment, but it's important to check how much!

- *If mental health treatment is covered go to Step 3.*
- *If mental health treatment is NOT covered go to Step 8.*

**Step 3:** Go to your health insurance website (some popular companies are listed below). If you don't know it, just Google the name!

- Aetna: <https://www.aetna.com>
- Blue Cross/Blue Shield: <https://www.bcbs.com>
- Cigna Health Insurance: <https://www.cigna.com>
- Humana: <https://www.humana.com>
- Kaiser Foundation Health Plans: <https://www.healthy.kaiserpermanente.org>
- United Healthcare Services Inc.: <https://www.uhc.com>

**Step 4:** Once on your insurance company's homepage, look for a link/tab similarly worded to "Find a Doctor" (it may be nested under "Member Services"). You may be asked to log in and/or specify your insurance plan type. Most websites will allow you to access the list of providers without logging in, but if you're on the insurance plan it shouldn't be difficult to create an account/log in.

**Step 5:** Once on the page for "Find a Doctor" put in your location information (usually zip code or city name) and the type of services you're seeking (you should try searching "psychologist," "counseling," and "therapy").

**Step 6:** Find a few names of clinicians that you'd be interested in calling. Write their name and contact information down! You can then Google their name/clinic to find out more about their therapeutic style and specialty, to see if they're a good fit for you.

**Step 7:** Call the names/clinics you identified and ask:

- Do they accept your insurance plan type (need to double check!)
- Does this clinician (or any clinician at the clinic) have availability/are they accepting new clients
- Any other questions you have about scheduling, pricing, or the therapy process
  - *If the answers to your questions are satisfactory, go ahead and schedule your appointment!! Go to Step 9.*
  - *If the answers to your questions are not satisfactory, call another name on the list or go to Step 8.*

**Step 8:** At this point, either you don't have insurance that covers mental health treatment or you've had no luck in finding a provider that accepts your insurance plan type. No worries! There are low-cost, non-insurance options available too!

- Go to: <https://findtreatment.samhsa.gov>
- Type in your location information (usually zip code or city name)
- Find a few clinic names that appeal to you and write down their contact information
- Repeat or follow Step 7 above.

**Step 9:** Congratulations, you've scheduled your counseling appointment! Be sure to arrive early to fill out your intake paperwork – or if they sent it to you, fill it out before you go! Bring your insurance card (if applicable) and your appropriate form of payment.

**IMPORTANT:** *If you are at risk of harming or killing yourself or someone else, please call 911 or 1-800-273-8255*