

## ***Finding a Community Provider for Counseling Services***

(the titles of counselor and therapist are used interchangeably)

- All insurance websites have a 'Find a Provider' or 'Doc Find' search tool. Look for 'Behavioral Health' providers and then search for all mental health or behavioral health providers or specifically for a Psychiatrist (MD), Psychologist (PhD or PsyD), Licensed Professional Counselor (LPC) or Licensed Clinical Social Worker (LCSW).
  - There are also counselor in training, who are required to meet regularly with a supervisor. They will have the titles of Licensed Professional Counselor-Associate (LPC-Associate), Licensed Master Social Worker (LMSW), Licensed Marriage and Family Therapist-Associate (LMFT-A). Most often these providers are not able to accept insurance.
  - A psychiatrist can prescribe medication. Psychologists, Licensed Professional Counselors, Licensed Clinical Social Workers, Licensed Marriage and Family Therapists provide talk therapy.
- Look on [www.psychologytoday.com](http://www.psychologytoday.com) and use the 'Find a Therapist' tool on the homepage of the website. Put in your local zip code and you will get a list of providers and their profiles. You can also filter for your insurance, issues you want to address in counseling, gender of therapist, ethnicity served, sexuality, language, faith, and types of therapy.
  - Review your options and narrow down your choices to a few names.
  - There are other therapist search databases to look at with many therapists being listed in multiple places. The Counseling Center website has other's listed.

## ***Calling Potential Providers***

- When calling for a counselor, remember you may have to leave a voice mail. You could choose to email them rather than call. Keep in mind, email is not a secure form of communication so you would want to limit the story you include in an email. Whether talking to someone, leaving a voice mail, or sending an email, you will need to include the following information:
  - Your Name
  - Your Call back number
  - Brief topics you want to address in therapy (ie. anxiety, depression, trauma, etc)
  - If you have insurance or need sliding scale
  - If they will return to in person versus continue with tele-health
- Script to say/email:

Hi! My name is \_\_\_\_\_.

My call back number is \_\_\_\_\_.

I am a student at Texas State University.

I am looking for individual therapy to address \_\_\_\_\_ (ie. anxiety, depression, trauma, etc).

I have/don't have \_\_\_\_\_ insurance or need sliding scale.

I prefer \_\_\_\_\_ (in-person or telehealth or doesn't matter).

Please let me know if you are taking new clients and when we can do a consultation call to talk further.

Thank you! Good Bye!