

# How to Find A Therapist

Thank you for inquiring about behavioral health support at Whitman-Walker Health (WWH).

We have many group options. You can find more information at this link for [psychotherapy groups](#), this link for [peer groups](#).



## Finding an Individual Therapist

Below are some other resources that you may use to locate a therapist in your community. We have included websites to help you find providers who are culturally responsive and affirming in a variety of areas, providers who specialize in other population-specific areas, as well as resources for therapy informed and psychoeducational work that you can complete independently. These providers are not

specifically vetted by Whitman-Walker. Please use the suggested questions found later in the document as you consider your options.

## Start with Your Insurance Company

It can be helpful to inquire directly with your insurance company for a list of nearby providers in your network. Some insurance companies have designated navigators who can help you find a provider that is currently accepting clients. You can start this process by calling the customer service number on the back of your insurance card or by searching the directories published on your insurance companies website.

If your insurance coverage includes “out-of-network” benefits, then you can see providers outside your network. Out-of-network services will usually cost more than in network services. Typically you will need to pay out-of-pocket for the services provided by the psychotherapist. After the service is rendered, ask your provider for a superbill that you can submit to your insurance company for reimbursement. Please be advised that your insurance may only reimburse you partially. It’s best to submit a superbill as soon as possible in order to understand how your insurance will process and reimburse for the services.

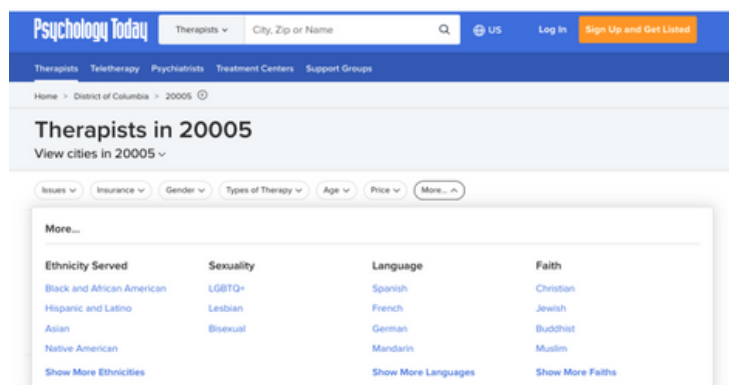


# Resources

## Psychology Today to Find a Therapist

One of the most common resources for locating a provider is the Psychology Today website: [www.psychologytoday.com/us](http://www.psychologytoday.com/us). This resource allows you to search for providers by issue, insurance, gender, type of therapy, age, price, and more. The site also allows you to review a therapist's philosophy and training. In some instances, providers include brief videos about themselves.

1. Start the search with your zip code or city as your location. If you see a therapist virtually, they will need to be licensed in the state in which you are located.
2. Filter by your insurance.
3. Add any additional filters that you desire. For example, you can filter by race, ethnicity, sexuality, diagnosis/problem, or type of therapy. Know that with each added filter, the number of clinicians available will dwindle.
4. Cast a wide net and contact approximately ten providers.
5. Expect a response rate of three or four people. If someone does not have space, you can ask for referrals to other providers who take your insurance.
6. Set up 15 min phone calls with the clinicians who have openings.
7. Make an appointment with the provider who resonated with you most.
8. If they do not seem like a good fit after a session or two, try another provider.



# Resources



## Other Popular Therapist Finders

- [therapyden.com](https://www.therapyden.com)
- [goodtherapy.org](https://www.goodtherapy.org)
- [therapytribe.com](https://www.therapytribe.com)
- [beingseen.org](https://www.beingseen.org)
- [mytrucircle.com](https://www.mytrucircle.com)

## Free and/or Low Cost Therapy Options

- [borishensonfoundation.org](https://www.borishensonfoundation.org)
- [drkbeautyhealing.org](https://www.drkbeautyhealing.org)
- [thelovelandfoundation.org](https://www.thelovelandfoundation.org)
- [freeblacktherapy.org](https://www.freeblacktherapy.org)
- [probonocounseling.org](https://www.probonocounseling.org)

**Note:** It may be important to contact multiple providers in your effort to find a clinician as they may not be accepting new clients, may not be accepting specific types of insurance, or may not have availability at the times you are available.

## Telehealth Options:

Many therapists offer telehealth options.

Additionally, national telehealth practices have emerged that take a variety of insurances like:

- [www.talkspace.com](https://www.talkspace.com)
- [www.lyrahealth.com](https://www.lyrahealth.com)
- [www.betterhelp.com](https://www.betterhelp.com)

