

Find a Therapist for General Searches and Commercial Insurance

Thank you for inquiring about behavioral health support. If you are interested in group options at WWH, see more information here: [Group.Therapy](#) or [Peer.Groups](#)

Start with Your Insurance Company: To start the process of finding a psychotherapist, it is always good to ask your insurance company for a list of providers in your network. Also, it is helpful to ask if the insurance company will reimburse for out of net-work costs for psychotherapy. This will give you some options to start to consider.

Psychology Today to Find a Therapist: 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, training, and in some instances, providers have created brief videos about themselves that users may view.

<https://www.psychologytoday.com/us>

The screenshot shows the Psychology Today website interface. At the top, there's a navigation bar with the logo, a search bar, and links for 'Therapists', 'Teletherapy', 'Psychiatrists', 'Treatment Centers', and 'Support Groups'. Below the navigation bar, there's a breadcrumb trail: 'Home > District of Columbia > 20005'. The main heading is 'Therapists in 20005' with a sub-link 'View cities in 20005'. Below this, there are several filter buttons: 'Issues', 'Insurance', 'Gender', 'Types of Therapy', 'Age', 'Price', and 'More...'. The 'More...' dropdown menu is open, showing four categories: 'Ethnicity Served' (with links for Black and African American, Hispanic and Latino, Asian, Native American, and Show More Ethnicities), 'Sexuality' (with links for LGBTQ+, Lesbian, and Bisexual), 'Language' (with links for Spanish, French, German, Mandarin, and Show More Languages), and 'Faith' (with links for Christian, Jewish, Buddhist, Muslim, and Show More Faiths).

Some Other Popular Therapist Finders	Free and/or Low Cost Therapy Options
https://www.therapyden.com/ https://www.goodtherapy.org/ https://www.therapytribe.com/ https://beingseen.org/ https://mytrucircle.com/	https://borishensonfoundation.org/ https://drkbeautyhealing.org/ https://thelovelandfoundation.org/ freeblacktherapy.org https://probonocounseling.org/

Note: It may be important to contact multiple providers in your effort to find someone to work with as they may not be accepting new clients, not accepting specific types of insurance or other factors that may make scheduling more of a challenge.

Questions to Ask a Potential Therapist

As part of researching a mental health provider, here are some questions to consider asking:

1. **LGBTQ+ Affirming or Supportive Care:** Could you please tell me a bit about your work with clients who are LGBTQ+ or seeking gender affirming care?
2. **Availability:** Are you accepting new clients? If not accepting new clients at this time, does the provider have a new client waitlist to which your name could be added? Provider thoughts about length of waitlist or estimated length of time prior to accepting new clients?
3. **Treatment models or types:** Ask the therapist about their training, areas of expertise or orientation from which they work with clients. Examples of common types of treatment including: Cognitive Behavioral Therapy (CBT), psychoanalytic, strength-based, Acceptance and Commitment Therapy (ACT) or Trauma Informed Care to name a few. You can read more about each of these approaches online at trusted websites such as the American Psychological Association (apa.org) or Psychology Today (psychologytoday.com)
4. **Fees:** Ask the provider about their fee scale and whether they accept insurance. Some therapists accept insurance, others do not accept insurance and are “fee for service” meaning that clients pay out of pocket. Providers who are “fee for service” will provide clients with a “super-bill” which means the client pays the provider directly, then the client submits the “super-bill” to their insurance for reimbursement (either full or partial, depending on the insurance plan). Many providers also have “sliding scale” options to ensure that clients who may not be able to afford treatment are able to receive care with a reduced rate. Please consult with your insurance provider for additional information.
5. **Treatment length:** It’s ok to ask the therapist how long they typically work with clients who are seeking LGBTQ+ affirming treatment for issues such as anxiety, depression, trauma or other conditions.
6. **Other questions:** Take a few minutes to ask yourself “what else might I want to know from this potential provider”, or “what is important to me to as I consider individualized therapy?”

Psychoeducational Resources (Therapist Informed): Some free, on-line resources for emotional health.

Cerebral “Expert Help for Your Emotional Health” - <https://cerebral.com/>

JoinCoa “Your Gym for Mental Health” - <https://www.joincoa.com/>

HelloAlma “Simplifying Access to Therapy” - <https://helloalma.com/>

MeruHealth “The New Standard of Mental Healthcare” - <https://www.meruhealth.com/>

LyraHealth “A Smarter Approach to Emotional Health” - <https://www.lyrahealth.com/>

Mindpath Health “Mental health that meets you where you are” - <https://mindpath.com>

Need Support Now? In crisis? [Click here](#) for additional resources.

- National Suicide Lifeline: 1-800-273-8255
- Trans Lifeline: 1-877-565-8860
- Crisis Text Line: text “GO” to 741741
- DC Mental Health Access Line: 1-888-793-4357
- BlackLine: 1-800-604-5841 (for QTPOC folx)
- DeQH: 1-908-367-3374 (for South Asian/Desi LGBTQ+ folx)
- GLBT National Youth Talk Line: 1-800-246-7743 (for LGBTQ+ up to 25)
- The Trevor Project Lifeline: 1-866-488-7386 (for LGBTQ+ youth) **We hope that helps with your search!**