Steps to Connect with a Private Therapist

Check your insurance coverage

☐ Check if outpatient mental health services are covered.
☐ Find out the annual deductible for mental health services.
☐ Find out the copay or coinsurance you owe per session.
☐ Find out if there session limits per year.
☐ Find out if pre-authorization is necessary for mental health services.

Choose a therapist

☐ Search insurance carrier’s website, psychology today, or Google to find potential local therapists.
☐ Read provider websites, biography information, and/or publications.
☐ Identify how you will get to a provider’s office or ask about remote services.
☐ Clarify the cost per session and when provider expects payment.
☐ When you call potential therapists you can discuss:
  ☐ Scheduling and availability.
  ☐ Insurance, billing, and fees.
  ☐ Remote services.
  ☐ Relevant social identities.
  ☐ Therapist style.
  ☐ What you’d like help with.