

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.*

