



Finding a mental health therapist

3 steps to help you on your search



Look for options.

- **Call your insurance company or visit their website** to find therapists in your plan. Ask your health plan if they pay for therapists who are out of network. You may also ask your employer if they have an Employee Assistance Program that covers mental health services.
- **Ask around.** Friends, family, or others who have had experiences with therapists may have recommendations. It is also a good idea to connect with your care team. This can include your primary care doctor, a social worker, a psychologist, student health services or others.
- **Look online.** Websites such as locator.APA.org or PsychologyToday.com can help. Filter by preferences such as gender, LGBTQIA+ affirming, race, language, or religion.
- **Call your local health department or visit them online.** You find low-cost community health programs or services.



Ask questions.

Therapists have different training and specialties. Call the therapist before you schedule your visit to ask questions that can help you decide if the therapist matches your needs. You may need to connect with a few therapists before finding the right fit. See the next page for some questions you may want to ask.

University of Colorado HTC

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<https://medschool.cuanschutz.edu/hemophilia-thrombosis>



About their background and experience:

- Are you a licensed therapist? How long have you been in practice?
- What experience do you have working with people with similar concerns to mine?
- What kinds of treatments do you use? How does your treatment help with depression, anxiety, anger, or grief?
- Do you work with medication management?
- Do you provide care to people with chronic medical conditions?

About their policies:

- How much do visits cost?
- Do you accept my health plan? If not, how can I lower the cost?
- Are there different types of visit options? Do you offer in-person, telehealth, evening, or weekend visits?
- What happens if I need to cancel or reschedule? What if I need to cancel because of a medical appointment?
- Are you open to speaking with my providers or learning about my condition and treatment?



Book your appointment.

Once you have found a therapist, schedule your visit. If there is limited availability, you may want to get on the waitlist of a few different therapists. Talk with your friends and family about how you are feeling, and find small ways to get support, such as a phone call with a good friend.

- If you need help, please call the University of Colorado Hemophilia & Thrombosis Center at 303-724-0724.
- You can dial 988 to connect with the Suicide and Crisis Lifeline. You can also send a text to 741741 to reach the Crisis Text Line.