

Mental Health Access

What You Need to Know



What is therapy?

- A space to share & process thoughts/feelings
- A space to learn positive coping skills
- A space to gain insight & notice patterns
- Confidential

- Credentials & training (LCSW, LPC/LMHC, PsyD/PhD, MD)
- Theoretical orientation (approach to therapy)
- Personality & style compatibility
- Schedule compatibility



What do I look for?

What barriers exist?



- Inaccessible offices
- Lack of telehealth options
- Unexamined clinician biases (racism, ableism, sexism, etc.)
- Schedule incompatibility
- Financial

- Look for clinicians/offices who take your insurance
- Look for clinicians/offices who offer sliding scale payment
- Look for clinicians/offices that offer services through grants



How do I pay?