



How To Find a Therapist That Is Best For You



NORTHERN KENTUCKY
OFFICE OF DRUG CONTROL POLICY
Creating chances. creating change.



NORTHERN KENTUCKY
859-415-9280
ADDICTION HELPLINE

How To Find a Mental Health Therapist

Prepared by: Northern Kentucky Office of Drug Control Policy

01. Begin With Self-Reflection

- What are current struggles that you would like to discuss.
- Clarify issues: e.g., anxiety, depression, trauma, relationship concerns, etc.
- Determine urgency (routine, immediate, or emergency support).
- Decide on preferences: gender, language, cultural competence, etc.

02. Determine Coverage and Benefits

- Check insurance coverage
- Turn your insurance card over and look for “1-800” number.
- Call the “1-800” number and follow prompts.
- Request for in-network provider information.
- Begin to call providers.
- If provider is found, confirm with the provider, that they accept your insurance.

03. Identify Therapist Options Generate a list of potential therapists.

- Use online directories:
 - [Psychology Today](#)
 - [TherapyDen](#)
 - [Open Path Collective](#)
 - [Zencare](#)
- Ask for referrals from a primary care physician or trusted individuals.

04. Evaluate Your Therapist Selection Based Off Qualifications and Credentials

List potential therapists for quality and compatibility.

- Check qualifications (e.g., LCSW, LPC, LMFT, PsyD, PhD, MD).
- Review licenses via state boards.
- Read bios for specialization and approach (CBT, EMDR, psychodynamic, etc.).
- Look for client reviews or testimonials if available.

Contact and Conduct Consultation

05. Objective: Reach out and assess therapist fit.

- Email or call to inquire about availability, approach, and logistics.
- Ask questions such as:
 - What are your fees, and do you accept my insurance?
 - Do you offer a free initial consultation?
- Schedule a brief call or first session to assess rapport and communication.

** Please know not all providers offer this option.

06. Make a Selection

Objective: Choose the therapist who feels like the best fit.

- Consider how comfortable and understood you felt.
- If unsure, try a few sessions before deciding long-term.
- The first therapist may not be the right fit. Please do not be discouraged, it may take some time to find the right fit.

BE KIND TO YOUR MIND

07. Begin Therapy and Evaluate Progress

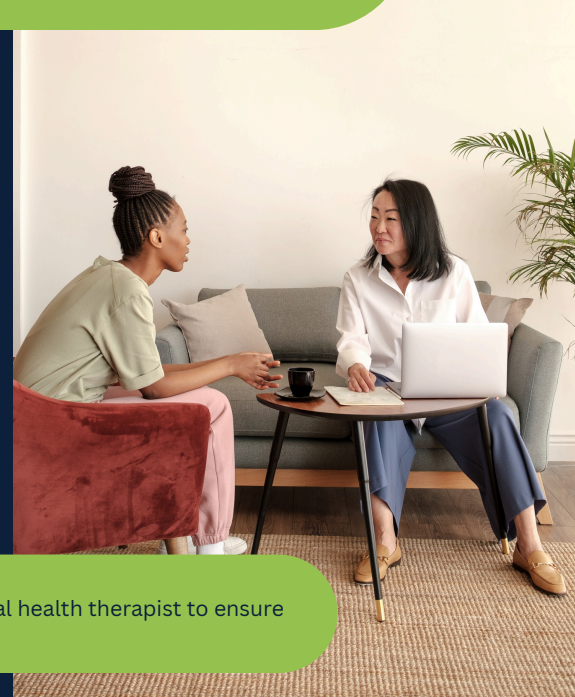
Objective: Commit to treatment and assess effectiveness.

- Attend sessions regularly.
- Be open to switching therapists, if necessary to find the right fit for you.

08. Suggestions and Tips

- Maintain a list of contacted therapists and notes.
- Save insurance communication and invoices.
- Keep a therapy journal or notes for self-reflection.
- Reach out to the Northern Kentucky Helpline for assistance. Please call (859) 415-9280

** Reminder: Some therapists provide Telehealth or a virtual option for ongoing therapy, if the In-person option is a barrier.



Effective Date: 06/13/2025

Purpose: To provide clear, actionable steps for individuals seeking a qualified mental health therapist to ensure appropriate, effective, and accessible care.

Mental Health Resources & Therapist Directories



This resource sheet provides trusted websites and local organizations to help individuals find mental health support, connect with therapists, and access services for wellness and recovery.

[Psychology Today – Find a Therapist](#)

- Search for licensed therapists, psychiatrists, and treatment centers. Filtered by zip code, insurance, and areas of specialization.

[GoodTherapy – Find a Therapist](#)

- Connect with therapists committed to ethical, evidence-based practices. Features detailed provider profiles and helpful search filters.

[American Psychological Association – Finding a Good Therapist](#)

- A guide to help you understand what to look for in a therapist, questions to ask, and tips for choosing a provider.

[Mental Health America – Finding Therapy](#)

- Resources and tools to help you start therapy, including guidance on the first session and how to find the right fit.

[NAMI – Finding a Mental Health Professional](#)

- Learn how to identify and contact the right type of mental health professional for your needs.

[National Institute of Mental Health – Find Help](#)

- Explore treatment options, crisis resources, and how to get immediate help through this federal agency site.

[NPR – How to Start Therapy](#)

- A beginner-friendly guide to starting therapy, understanding the process, and finding a good provider.

-

[MentalHealthyFit](#)

- Offers access to therapy services, wellness programs, and mental health education with a holistic focus.

[I Deserve Good Days](#)

- A campaign that promotes mental health and self-care, offering resources, motivational tools, and community support.

[NAMI Kentucky – Support Groups](#)

- Find peer-led support groups throughout Kentucky for individuals and families impacted by mental illness.

[NorthKey Community Care](#)

- Provides comprehensive mental health, substance use, and developmental disability services throughout Northern Kentucky.

[SUN Behavioral Kentucky](#)

- Located in Erlanger, SUN Behavioral offers inpatient and outpatient services for mental health and substance use. Programs are available for all age groups.