



# **How To Find a Therapist That Is Best For You**

# 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. 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.

### 05. 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.