

Anthem of *Hope*

3 Ways to Find A Therapist

1

Ask around! A recommendation from a friend or family member is valuable.

2

Psychology Today has a great therapist finder, with search filters for location, insurance, issues, cost, etc. BONUS - you can also search here for Psychiatrists and Support Groups, too!
<https://www.psychologytoday.com/>

3

The Substance Abuse and Mental Health Services Administration (SAMHSA) has a treatment location for mental health and substance use issues. <https://findtreatment.gov/>



Remember: Therapists are human beings; if you and a therapist aren't compatible, it is okay to try someone new!



More information at:

www.hpcomaha.org/resources/