Using Insurance to Locate Therapy

On the front of your card will be the name of your insurance company (you can use this to search therapist profiles online, in your community.) On the back of the card, there may be a specific phone number to call for Mental/Behavioral Health; if not, call customer service. This is an excellent place to start for mental health resources. There is also a list of providers available on the insurance plan’s website. Follow links for “Find a Doctor”

Using Psychology Today

Visit www.psychologytoday.com You’ll have options to filter by City and/or Zip Code, gender, sexuality, faith background and specialty. When the results populate, on the left sidebar, you’ll see a space where you can also filter by your type of insurance. Be sure to click “More” to find your insurance listed there.

Using Search Engines to find Sliding Scale Therapy

If you use the term “sliding scale therapy” and the name of your city, you will generate a list of clinics in your area who can see you without insurance, at much lower out-of-pocket costs.