



### Tips for Finding a Therapist or Mental Health Provider in the Community

1. If you have insurance, begin by calling your insurance company. Most insurance cards list a phone number that you can call to obtain information about mental health/behavioral health coverage. This number is typically found under “member services” located on the back of the card.
  - After identifying yourself to the representative with your name, date of birth, and member ID number, you can say: “I’m calling to find out about my benefits for outpatient mental health therapy services”.
  - It is helpful to ask about out-of-pocket costs for in-network and [out-of-network](#) outpatient mental health services. You also may want to ask about your [deductible, copays, and coinsurance](#).
  - If requested, the representative can oftentimes provide you with a list of providers in the area who are in-network with your insurance.
    - i. Please note: This may be a very long list and not necessarily up to date
2. If your insurance company is unable to give you a list of providers or if the list isn’t helpful, you can [find a provider](#) in your area using a variety of online databases (See *Additional Resources*). You can use these databases if you don’t have insurance or don’t want to use your insurance. You can search by various criteria including type of insurance, [sliding scale](#) payment options, and/ or therapist specializations. Be sure to review providers’ websites and personal profiles to decide if they may be a good fit for you. Consider viewing the office location through street view on Google Maps to confirm that you are comfortable with the location.
3. [Call or email a few providers](#). You will likely need to leave a message if you contact them by phone. It is best to leave your name, phone number, insurance plan, and the best times that you can be reached. If you haven’t heard back in two business days, call again, or you may want to choose another provider to call.
4. When you do connect with the provider, they may ask you to share a brief summary of why you are seeking services. During this time, you may also ask them [questions](#) about their approach to therapy/treatment or experience working with college students.
5. Reach out if you need help! Finding a community provider can be challenging. If you decide that you would like assistance from the Counseling Center, please call our main line at (301) 314-7651 to receive additional support.

### Additional Resources

The following platforms are also available to help students identify and connect with therapists and other mental health providers. These databases and programs are not affiliated with or updated by the University of Maryland’s Counseling Center.

<ul style="list-style-type: none"><li>● <a href="#">Psychology Today</a></li><li>● <a href="#">Asian Mental Health Collective</a></li><li>● <a href="#">Inclusive Therapists</a></li><li>● <a href="#">Latinx Therapists</a></li><li>● <a href="#">National Queer and Tran Therapists of Color</a></li><li>● <a href="#">Open Path Collective</a></li><li>● <a href="#">South Asian Therapists</a></li></ul>	<ul style="list-style-type: none"><li>● <a href="#">Therapy for Black Men</a></li><li>● <a href="#">World Professional Association for Transgender Health (WPATH)</a></li><li>● <a href="#">Pro Bono Counseling Project</a></li><li>● <a href="#">Pride Counseling</a></li><li>● <a href="#">Therapy Den</a></li><li>● <a href="#">Therapy for Black Girls</a></li></ul>
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