



Reclaim  
Foundation

## **How do you find a therapist?**

**Consider what you're looking for? This can include:**

- Exploring identity
- Working through trauma
- Navigating symptoms of depression
- Lessening anxiety
- Looking to start a general therapeutic relationship

**Make a list of preferences you're looking for in a therapist:**

- Gender
- Culture
- Race
- Theory or type of therapy
- Sexuality
- Insurance coverage
- Experience
- Your Budget
- Religion or faith
- In person or phone/video

**Search for a therapists through avenues such as:**

- Psychologytoday.com allows you to filter through preferences and read therapist bios
- You can also call your insurance company and ask for a list of providers in your network



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If you're looking for a quick connection to therapy with chat features, the following websites can offer online sessions, no insurance required, and a quick match to therapists:

- BetterHelp
- Pride Counseling (LGBTQIA+ community)
- ReGain (couples therapy)
- Talk Space

Some of these websites have financial aid options, there are options to input your employment and financial status for reduced rates.

### **Set up a first appointment:**

- When you find a therapist you would like to connect with, call their office to request their availability, confirm pricing, and ask about insurance
- Many online therapy providers (BetterHelp, Talkspace, etc.) will allow you to schedule appointments online