

# THERAPY EDUCATION SHEET

In therapy, you work with a professional to help you develop tools and skills to better manage your mental health condition. The goal of therapy is to help you obtain your optimal mental wellness.

Therapy does not need to last forever. You, your therapist, and your psychiatrist or primary care provider decide together when your therapy is completed.

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To succeed in therapy, check with your insurance to see which therapists are under your plan. Insurances provide a phone number and/or website to help you find their mental health/behavioral health providers. When you check with your insurance about possible providers, let them know:

Your address. People find it is easier to engage in therapy if the location is a close distance from their home, work, or a place that they frequently visit.

Why you want therapy (i.e. to help treat your anxiety, depression...). This reason is listed on your referral form.

If you have a preference for either a male or female therapist.

You may choose male/female, or let the practice decide.

That you would like a list of several therapists.

That you would like a list of several therapists. Not every therapist is right for every person. We recommend you have approximately 3-5 sessions with a therapist before you determine if the therapist is “right” for you or not. If you decide that a therapist is “not right” for you, you may change to another therapist.

That you would like to know if you have a co-pay or other charges.

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When you call a therapist/provider group for an appointment:

Please double check that your insurance plan is still accepted. Ask if you will have a co-pay or other charges. \*

Let it be known why you want treatment (i.e. to help treat your anxiety, depression...). This reason is listed on your referral form.

Any preferences (i.e. name of therapist or if you prefer a male or female therapist).

\* Some counseling agencies have Compassionate Care Funds to offer reduced fees to qualified people.

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**If you have any questions regarding finding a therapist you may call our office and ask to speak to the referral staff.**