



finding a therapist

USING PSYCHOLOGY TODAY

Psychology Today (www.psychologytoday.com) is a great place to start seeking a therapist for all sorts of needs and insurance types. This would be called finding a “private therapist”.

1. Visit psychologytoday.com on your phone/browser, etc.
2. Click “find a therapist” at the top of the webpage.
3. Filter therapists using your zip code and a few other filters on the left hand side (such as your insurance plan, your age, or what issues you are hoping to discuss).
4. Explore the therapists available in your search and make a list of those who you are interested in depending on their bio or photos.
5. Reach out to those therapists via phone or email (both are usually listed on their page).

USING YOUR INSURANCE COMPANY

You can also obtain a list of therapists covered by your insurance from your insurance company. Use the website or phone number on the back of your insurance card to get a list of individual therapists.

Explore the therapists available and make a list of those you are interested in depending on their specialties, etc.

HOW TO REACH OUT

Call or email the therapists on your list. In both cases, you might say some version of **“Hello there, my name is _____, and I am writing/calling to see if you have any openings for a new patient. I am/my child is a [age here] looking for support with [anxiety/depression/ADHD, etc]. Please let me know if you have either immediate availability, or a waitlist I could be added to. Thank you.”** then leave your phone number.

If you choose to write to therapists via email through psychology today, you can copy/paste the same message to multiple therapists and move through your list quickly.

You may not hear back from everyone. That is okay! When you do hear back, be sure to double check that they accept your insurance if that is of priority to you.

LOCAL MENTAL HEALTH AGENCIES

Another way to find a therapist is through a larger, local agency. If you have MassHealth, you can also link up with CBHI services through these agencies (such as a therapeutic mentor, or in home therapy). Agencies like this also usually have a psychiatrist, and once you are on the waitlist for a therapist, they can help you arrange an appointment with psychiatry if needed.

When you call these agencies, they will ask a series of questions and discuss their policies for making appointments:

1. Behavioral Health Network: (413) 246 9675
2. Clinical Support Options: (413) 582 0471
3. Center for Human Development: (800) 243 4357
4. Northeast Center for Youth and Families: (800) 360 6210
5. ServiceNet: (413) 585 1300

WHAT IF THIS DOESN'T WORK?

If you have tried to reach out to many agencies and private therapists and are still stuck, please reach out to us and help us guide you! You still have options for care while you are waiting for long term support.

Our team includes an Integrative Behavioral Health Clinician (IHBC) who is available to see families and children of our practice for short term interventions and support. Our IHBC is also available to help guide families in determining the best long term care plan for you or your child's personal needs. To set up an appointment, please call our office at (413) 253 3773.

In cases of emergencies (especially if you or your child are experiencing thoughts of self harm or suicide), you should not wait to get help and you should call 911 or your local crisis team.

If you are in Hampshire County, call CSO Crisis (413) 586 5555

If you are in Franklin County, call CSO Crisis (413) 774 5411

If you are in Hampden County, call BHN Crisis (413) 733 6661

TIPS TO REMEMBER

Due to COVID, many therapists are still offering virtual sessions. If you are comfortable with this, you do not need to select a therapist in driving distance. Just confirm with them your location when you make contact.

This is tough and the process can feel overwhelming! Patience and persistence are key! If you are having trouble making the steps, please reach out to us for help and guidance.