



Finding a Therapist

Tips and things to remember

- **Ask for help.** A hospital psychologist or social worker can help you think through the type of therapist who would best meet your needs.
- **Be patient.** The process of finding a therapist may take time. You may need to contact a few therapists before you find the right person who's a good fit.
- **Ask questions.** Don't be afraid to ask the therapists questions about themselves and their practice.
- **Your health information and medical records are private** and can't be shared unless you allow it.
 - In order for your therapist to see part or all of your Boston Children's medical record, you can share documents from the MyChildren's portal or mail or fax an "Authorization for Release of Medical Records" form:
childrenshospital.org/patient-resources/medical-records. Call Medical Records at 617-355-7546 if you need help.
- **For urgent mental health support:**
 - The National Suicide Prevention Lifeline 1-800-273-8255
 - Crisis Text Line (text "HOME" to 741741)

Finding a therapist can feel overwhelming. There are many reasons why a person might see a therapist and not all therapists have experience with every type of need. Finding a good fit is important so you feel comfortable working with the therapist and confident that they are helping you meet your goals.

Things to consider when choosing a therapist

1. Insurance coverage

- Not all therapists accept every kind of insurance. You can check your insurance website for a list of covered therapists.
- Some therapists only accept private pay. This means you need to pay out-of-pocket for each visit. Many times, insurance companies will reimburse some of this fee.

2. Area of specialty

- Therapists can specialize in the types of issues they help with (like anxiety or depression) or the types of therapy they provide (like cognitive behavioral therapy or play therapy).

3. Personal preferences

- You may be most comfortable with a therapist of a certain gender, race, or age group.

4. Location of Practice

- Be certain the therapist's office is in a location that is convenient to get to on a regular basis.

How to find a therapist

- Your insurance company has lists of therapists. When searching online, you can often apply filters to find someone who meets your needs.
- Your PCP may have a suggestion of a local therapist who they have had a good experience working with in the past.
- If you are a student, there may be counseling services at your school or the school may have a list of local therapists.
- A hospital psychologist or social worker can give you a list of therapists in your area who take your insurance. Contact your clinic or program staff if you need help identifying your psychologist or social worker at the hospital.

Therapists and chronic medical conditions

- Some therapists have experience and interest in working with people with ongoing medical conditions.
- Many therapists are open to learning about your medical condition and how it impacts you.
- You can provide the therapist with written information about your condition or ask a member of our medical team to speak with them.