

# DO YOU FEEL LIKE YOU COULD USE SOME SUPPORT? ARE YOU UNSURE OF WHERE TO START?

A Quick Guide to Finding the Right  
Therapist for Your Needs

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## NO INSURANCE? NO PROBLEM.

Check out resources for  
low-cost/ sliding scale  
services here:

[gradytraumaproject.com/mentalhealth](https://gradytraumaproject.com/mentalhealth)



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## INSURED?

- Check your coverage
- Filter by provider on [psychologytoday.com](https://psychologytoday.com)
- You can also filter by race, gender, or faith!

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## REACH OUT

- Find options that match your needs
- Reach out to 2-3 places, see if they're a good fit.

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## ASK QUESTIONS

- Comfort is key to finding a compatible therapist

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## GET READY FOR YOUR FIRST APPOINTMENT:

- 1st session will be longer than normal
- You'll get to know each other & find best ways to support you.
  - Expect questions about various aspects of your life
  - Some may seem irrelevant, but they're important for understanding you better.

**For immediate support or crisis services,** please call the Georgia Crisis and Access Line at 1-800-715-4225. They are available 24/7 and can help you find support quickly.



# NOT SURE IF THERAPY IS WHAT YOU NEED?

That's okay! Whether it be medical care, community support, legal assistance, or help with food or housing, you deserve to have the resources you need to live a full and healthy life.

## IT CAN BE HARD TO ASK FOR HELP

- You're not alone
- Lots of people need help but find it hard to look for it.
  - Sometimes people have had hurtful or unfair experiences when they have sought out support.
  - Or people have been taught that its not okay to reach out.

## WE'VE MADE IT EASIER FOR YOU TO FIND SERVICES BESIDES THERAPY

- Sometimes getting access to what you need can be difficult.
- It should be easy and affordable to get what you need.
- Here's an organized list of local services so that its easier to reach out.



<https://www.gradytraumaproject.com/resources>

## IF YOU'RE NOT READY, THAT'S OKAY

- Talking to someone else is a big step.
- Sometimes it can be helpful to "talk to yourself" first.
- It might be helpful to journal about it
- Or, if you're comfortable, talk to a friend or support group.

## EXPLORE PAST, PRESENT, AND FUTURE.

### PAST

- What experiences have I had that is making it hard to reach out?
- What has helped in the past?

### PRESENT

- What do I believe about help from others?
- What could I use right now?

### FUTURE

- What do I want for myself?
- How do I get there?

