

Searching for a Mental Health Provider

In addition to online provider search tools maintained by health insurance providers, there is a growing presence of independently owned and operated online mental health care search sites as well. These sites vary in their search and filter functionality, the number and type of providers available through each site, the populations served, etc.

Online directories can be convenient in that you can search and filter based on your personal preferences. Some common filters include:

- Age groups served
- Issues addressed (*e.g., anxiety, addiction, trauma, etc.*)
- Ethnicity, faith, language, etc.
- Geographic location
- Telehealth versus in office options
- Types of therapy offered (*e.g., CBT, DBT, Mindfulness, etc.*)
- Insurance(s) accepted*

*It is advised to confirm with your health plan that a provider is in network for your specific insurance plan **before** beginning care. Providers change the insurances they accept all the time, so a website may not have the most up to date information about what insurance(s) a provider is currently accepting.

Many sites link to a providers' individual practice website that may include more details about their practice which can help you determine who might be a good fit. With demand for mental health care so high right now, consider writing a short summary of yourself and what you're seeking to use for email or online contact forms. This allows you to quickly contact many providers to hopefully find a few who meet your criteria and are accepting new patients.

Many providers offer a 15-30 minute "get to know you" phone conversation – a chance for both of you to see if you're a fit for working together. Once you've found a few providers who look promising, ask if this is an option. Be prepared that you may need to repeat your story a few times, but it can be worth it to find a good match. If you can't schedule a "get to know you" call, see how you feel about the fit after the first meeting, knowing you can change to a new provider if needed.



Included below are a small sample of mental health provider web-based search options. Because mental health providers must sometimes pay to list themselves on sites like these, you may see slightly different options on each search platform. You can access even more sites like these by typing what you are looking for into your favorite search engine; there are dozens, if not hundreds of options. It's worth noting, too, that some providers choose not to be listed on any of these sites, which is another reason to search your general area. "Therapists in Tacoma" for example, could reveal some providers not otherwise listed on any search site.

The UW Medicine Department of Psychiatry and Behavioral Sciences does not have an investment in any of the programs noted here so this is not an endorsement of any of these services or their work.

[Asian Mental Health Collective](http://www.asianmhc.org)

www.asianmhc.org

[Multicultural Counselors](http://www.multiculturalcounselors.org)

www.multiculturalcounselors.org

[Good therapy](http://www.goodtherapy.org)

www.goodtherapy.org

[Open Path Collective](http://www.openpathcollective.org)

www.openpathcollective.org

[Inclusive Therapists](http://www.inclusivetherapists.com)

www.inclusivetherapists.com

[Psychology Today](http://www.psychologytoday.com)

www.psychologytoday.com

[Ingersoll Gender Center](http://www.ingersollgendercenter.org/ingersoll-directory)

www.ingersollgendercenter.org/ingersoll-directory

[Therapy Den](http://www.therapyden.com)

www.therapyden.com

[LatinX Therapy](http://www.latinxtherapy.com)

www.latinxtherapy.com

[Therapy for Black Girls](http://www.therapyforblackgirls.com)

www.therapyforblackgirls.com

