

How to Find a Counselor

Prism Counseling is not an in-network provider with any insurance company. However, we understand that some may need to use their insurance to find care, so we want to resource as many people as possible — even if they don't end up working with us. Here are a few options to consider if you need to find a counselor who takes your insurance:

- 1. Check your existing benefits.** If you have health insurance benefits through your employer, call the number on the back of your insurance card and ask if you have mental health coverage. Let the insurance representative know what speciality you are searching for (such as a counselor who works with the LGBTQ+ community or a therapist who treats depression).
- 2. See if your work offers an Employee Assistance Program.** Your place of employment may also offer an Employment Assistance Program, or EAP, where you can access mental health counseling at little or no cost to you. Contact your HR department to see if your work provides an EAP program. If so, they will provide a phone number to call or a website to visit that will list providers participating in your EAP program.
- 3. Search the Psychology Today Therapist Directory.** If you want to search for a therapist on your own, the Psychology Today Therapist Directory allows you to not only search for a counselor in your area, but also search by insurance accepted, fee range, specialty, and more. This directory charges therapists to join, so it's not a complete or exhaustive list of all therapists in your area. To search the directory, go to: [psychologytoday.com/therapists](https://www.psychologytoday.com/therapists)
- 4. If you can't find a therapist who takes your insurance, you may be able to find a counselor who offers sessions on a sliding scale.** It's common practice for many therapists to offer reduced-cost services to select clients who cannot afford their full fee. You can also look for an intern who can provide counseling at a lower rate. Counseling interns are counselors who have not yet completed the requirements for full state-licensure. Interns have often completed or are currently completing their Master's degree, and provide counseling under the supervision of a more experienced fully-licensed clinician. Many times, agencies that employ interns offer counseling services with their interns at a reduced rate. Call around to see if any counseling centers near you have interns that can see you at a lower rate.

We're glad you are considering counseling — it's a really big step and you are worth it.