

How To:

Find A Mental Health Care Provider



Mental health awareness is not only for May. Help is there when you need it. No one should feel alone; look below for tips to finding a counselor/therapist.

Please remember that you are not alone!

Payment Options¹

1. Some counselors/therapists allow for patients to pay out of pocket. Check to see if there is a sliding scale for low/moderate-income patients.
2. Check with your health insurance (including Medicaid) to see how much/many counseling sessions they will cover and your copay.
3. Students and Employees may have free or low-cost counseling resources through their Student Health Center or Employee Assistance Program (EAP).

Finding a Provider

Contact a local or national mental health organization by phone or on the internet, such as the National Alliance on Mental Illness (NAMI).¹ Check out the list below to see what providers are in your neighborhood:

- The NAMI Helpline: 1-800-950-NAMI (6264) or info@nami.org
- Psychology Today: <https://www.psychologytoday.com/us/therapists>
- Find a CBT Therapist: <https://www.findcbt.org/FAT/>
- NC Psychological Association: <https://www.ncpsychology.org/find>
- SAMHSA Treatment Referral Helpline: 1-877-SAMHSA7 or (1-877-726-4727).

#YouAreNotAlone

Sources:

1. How to find a good counselor or other mental health provider. Mayo Clinic. Accessed May 19, 2021. <https://www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/mental-health-providers/art-20045530>



Types of Providers¹

Learning and knowing the difference assists you in making an informed decision based on your needs.

Psychiatrist, M.D., D.O.

- Diagnose and treat mental health disorders
- Provide psychological counseling, also called psychotherapy
- Prescribe medication

Psychologist, Ph.D., Psy.D., Ed.D.

- Can diagnose and treat a number of mental health disorders, providing psychological counseling in one-on-one or group settings
- Cannot prescribe medication unless he or she is licensed to do so
- May work with another provider who can prescribe medication if needed

Psychiatric-Mental Health Nurse, P.M.H.-A.P.R.N.

- Vary in the services they can offer, depending on their education, level of training, experience, and state law
- Can assess, diagnose and treat mental illnesses, depending on their education, training, and experience
- Can — if state law allows — prescribe medication if they're an advanced practice nurse

Licensed Professional Counselor, L.P.C.

- Provide diagnosis and counseling for a range of concerns
- Are not licensed to prescribe medication
- May work with another provider who can prescribe medication if needed

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Other resources:

- Division of Mental Health: <https://www.ncdhhs.gov/divisions/mhddsas>
- National Alliance Mental of Illness North Carolina: <https://naminc.org>

Sources:

1. How to find a good counselor or other mental health provider. Mayo Clinic. Accessed May 19, 2021. <https://www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/mental-health-providers/art-20045530>

