



## Finding a Compatible Mental Health Provider

When talking to a therapist for the first time, it's important to find out if they are a good fit for you and your mental health needs. This process may seem uncomfortable, but you want to ensure the therapist can help you in the best way possible.

To determine your compatibility with a new counselor, try asking the following questions. The answers can help you decide if the counselor is the right fit for you:

- What's your training (i.e., what certification or degrees do you hold)?
- How long have you worked in this field?
- What kinds of treatment or therapy do you think might help me?
- What are the advantages and disadvantages of the different approaches, including medication?
- How does the treatment work?
- What are the chances that treatment will succeed?
- How soon should I start feeling better?
- How will we assess my progress?
- What should I do if I don't feel better?

*Source: Harvard Health Publishing*

Mental health problems can affect anyone, and everyone deserves access to helpful and effective mental health support. If you need help with a mental health problem, finding a compatible therapist is a key step in your path to healing and personal growth. You want a therapist who not only has the expertise to help you with your problem, but who makes you feel welcome, listens to and understands you, and values you for who you are.

**If you are interested in locating a counselor near you, call BHS at 800-245-1150 or visit [www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com). Your Care Coordinator is able to confidentially assist with finding a provider that meets your needs.**



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