**Locating Mental Health Providers**

Attempting to locate a reputable mental health provider may seem overwhelming. The Loyola University Counseling Center offers assistance with this process. If you are looking for providers on your own, however, the following tips may prove helpful.

1. Check with trusted friends or family members. They may be able to offer suggestions for therapists they have worked with themselves who may be appropriate for you to contact to begin services or obtain additional referrals.
2. Ask your primary care/family doctor. He or she may be able to offer local referral options.
3. Contact your insurance company. A customer service representative can provide referral options either by phone or website. Contact information is located on the back of your card.
4. Contact colleges/universities local to your hometown. Often college/university counseling centers, like Loyola, maintain a list of local mental health providers who have experience working with college-age students.
5. Review the following websites:
* <http://www.psychologytoday.com/>
* <https://www.helppro.com/>
* <http://locator.apa.org/>

While these resources are helpful, it is important to verify information with providers before deciding to begin services. For more information about contacting providers or insurance companies, please see the Considerations in Off-Campus Counseling handout. If you have questions or need assistance, please contact the Counseling Center at 410-617-CARE (2273).