

How to Use Psychologytoday.com to find a therapist, psychiatrist, treatment center, & support groups:

- 1) Enter **psychologytoday.com** into your preferred web browser
- 2) Enter your location by Zip Code
- 3) Select the type of support by type of provider:
 - a. **Therapist-**
 - i. Licensed Professional Counselors/Licensed Clinical Social Worker: Master's degree education, residency, and state licensure. Able to provide: Provide mental health diagnosis & develop treatment plans. They cannot recommend or order medications, but they can refer you for evaluation for medication or other treatments.
 - ii. Psychologist: Doctorate in Psychology. Diagnose and treat mental disorders, learning disabilities, and behavioral problems; conduct assessments. They cannot recommend or order medications, but they can refer you for evaluation for medication or other treatments.
 - b. **Psychiatrists** – Medical Doctor. Study, diagnose, prevention, and treatment of emotional, mental, behavioral, and developmental issues. They assess both the mental and physical effects of a disorder. They can prescribe medication.
 - c. **Treatment Centers** – generally includes hospitals and organizations that provide intensive outpatient, inpatient, partial hospitalization for mental health and substance use disorders
 - d. **Support Groups** – Community based groups, with like minded individuals, generally led by a therapist or facilitator trained on differing topics
- 4) Filter by: Issues, Insurance Accepted, Gender, Types of Therapy, Price, Age & More
- 5) Select a providers profile to view
 - a. About the provider, insurance accepted, issues treated, & availability
- 6) Scroll to the bottom of the page for Insurance & How to Schedule

