

Checklist: How to Find a Licensed Mental Health (MH) Professional

Step 1: Prepare

- Ask yourself:
 - Are you ready to talk about your concerns?
 - Do you know what your insurance or Employee Assistance Program (EAP) will cover?
 - Are you open and committed to change?
- Understand that therapy is a structured and supportive process where a trained licensed professional helps individuals navigate their thoughts, emotions, and challenges. It offers a safe, confidential space to explore personal issues, gain clarity, and develop healthier coping strategies.

Step 2: Research & Schedule

- Find licensed therapists via your EAP or insurance provider. You can also [search online](#), or ask friends, family, doctor etc. for referrals.
- Consider the therapist's:
 - Area of specialization
 - Qualifications and experience
 - Cultural and personal fit
 - Cost and insurance they accept
 - Location and availability
 - In-person or virtual sessions
- Schedule appointment with therapist that meets your needs.

Step 3: Attend & Reflect

- During your appointment:
 - Share your feelings, and experiences – avoid censoring.
 - Ask questions.
- Debrief after your appointment:
 - Did you feel comfortable?
 - Were you respected?
 - Did the therapist understand your concerns and honor your beliefs?
- After 2 - 3 sessions, decide if you would like to continue with this therapist. It's ok to make a change.
- Provide feedback on what is or not working for you or try a new therapist.