

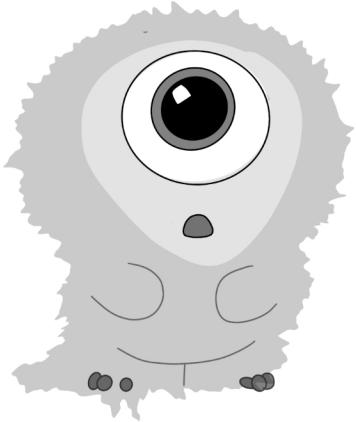
**Call multiple therapists that fit your needs.**

Read the bios, look for credentials (LPC, LMFT, LCSW, Psychologist), experience, and approach.

**Evaluate the Candidates.**

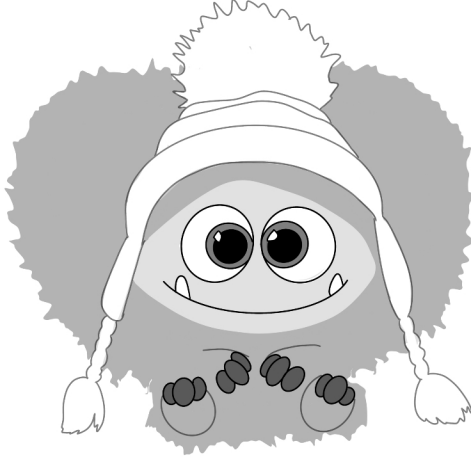
### Schedule a consultation

See if you feel comfortable and understood. Confirm if they offer in-person or virtual sessions. If you are not using your insurance, ask how much the sessions will cost.

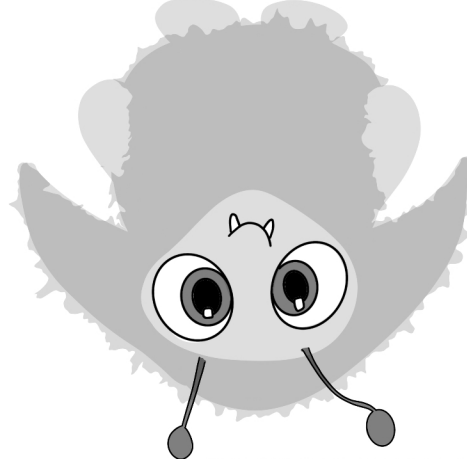


Therapy Den, GoodRx, GoodTherapy, APA Locator, and Psychology Today. Filter the results to only show counselors that take your insurance and help with your identified issues.

**Head to therapy directories**



If you don't hear back from of your candidates after a week, repeat steps 3-6. It might be more important to prioritize starting therapy with a suitable counselor, rather than waiting to find the perfect fit.



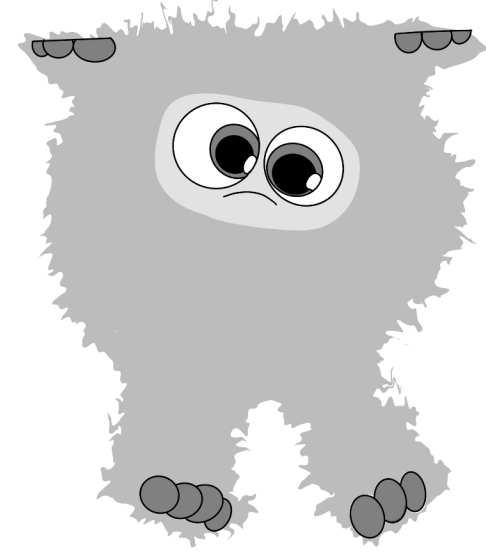
**Ask your friends or family for recommendations**

Hi, my name is Karen Goldsum and I am a professional counselor Associate. Supervised by Elaine Brandon

**Check out my webpage to learn more**



**Check your insurance**  
You can call your insurance company and ask for a list of in-network therapists to help minimize costs.



**Identify your need**  
Do you need specific care for depression? anxiety? trauma? relationship issues?

