

Your primary care provider has recommended you consider mental health counseling. When choosing a therapist, there are a variety of factors to consider. Do you prefer an independent therapist, or one associated with a group or agency? Do you have a gender preference? Do you have a type of therapy you are seeking? This document includes questions to consider asking providers when you make outreach and a list of community resources. This purpose of this document is to facilitate your connection to a mental health provider that is the right fit for you. If you need additional assistance, please contact your primary care provider's office.

Questions To Ask:

Provider Profile:

- Are you taking new clients?
- When are your available appointments?
- Are you seeing clients in person or via telehealth?
- Do you accept my insurance? How do you collect copays?

Experience and Credentials:

- Are you licensed in VT? Is your license active and in good standing?
- How many years have you been practicing?
- What are your areas of expertise and/or specialization?
- What type of therapy do you practice?
- Are therapy sessions more focused on the past or present?
- My current concerns are _____. What type of experience do you have treating these types of issues?

Expectations:

- How long do you anticipate seeing me? Is your therapy more long or short term?
- What is a typical session like?
Are you more active or passive in sessions?
- How should I prepare for my first session?
- What should I do if I have a crisis between treatment sessions or I need immediate help?
- What is your policy for cancellations and rescheduling if I am unable to make the appointment?