



How to Find a Psychotherapist

Finding a therapist can be the first step toward learning new ways to handle difficult situations. Look for a **licensed** therapist.

Licensed psychotherapists include:

- **Clinical Social Workers (LICSW)** have a master's degree in Social Work (MSW) with at least several years of supervised experience.
- **Clinical Psychologists** have a Ph.D. in Psychology. They may do psychological testing in addition to psychotherapy.
- **Psychiatrists** are medical doctors who have had additional training in psychiatry. Psychiatrists can prescribe medication.
- **Psychiatric Nurse Clinicians** are nurses with master's degrees who may provide psychotherapy and prescribe medication.

Getting started:

1. **Call your insurance company** (see your card for contact information). Your insurance may require you to use one of their preferred providers.
2. **Massachusetts residents** can contact the 24/7 **Behavioral Health Line**. Get the treatment or support you need, find a provider, and make an appointment. Call or text 833-773-2445 or chat at [masshelpline.com](https://www.masshelpline.com). Helps in over 200 languages.
3. **Ask other professionals**. Try your doctor, or your child's school nurse or guidance counselor.
4. **Contact a therapy matching service** - note **Mass General Hospital does not endorse any non-Mass General affiliated programs**
 - Social work **Therapy Matcher** call 800-242-9794 or learn more at [therapymatcher.org](https://www.therapymatcher.org)
 - **William James INTERFACE Referral Service** - see if your community participates: interface.williamjames.edu then call 888-244-6843
 - **Lifestance** - call their intake department at 617-405-5735 or learn more: [lifestance.com](https://www.lifestance.com)
 - **Complete your own online search**
 - **Thriveworks** - call 628-266-4892, more information at [thriveworks.com](https://www.thriveworks.com)
 - **Psychology Today Therapist Finder** [psychologytoday.com/us/therapists](https://www.psychologytoday.com/us/therapists)
 - **BetterHelp** - offers in-person, chat and online options. Complete a questionnaire to be matched to a therapist: [betterhelp.com](https://www.betterhelp.com)
5. **Speak with your Employee Assistance Program (EAP)**. Your EAP may provide short-term counseling, help you identify any longer-term needs and refer to a therapist.
6. **Ask your friends**. You may find that friends or family have had therapy themselves and can make trustworthy recommendations.

Once you have a list of therapists, start asking questions. For ideas, ask for our tip sheet **How to Choose a Psychotherapist Who is Right for You**.