

How to Find a Mental Health Provider



The Mecca of Black Wellness



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Contact your primary care doctor or healthcare provider to discuss your current symptoms and treatment options. This may include a referral for individual therapy (talk therapy or counseling) with a mental health professional and/or a referral to a psychiatrist for medication management.

Individual Therapy

Here are a few resources to identify licensed mental health professionals in an area near you:

- **Behavioral Health Treatment Services Locator:** <https://findtreatment.samhsa.gov/>
The Behavioral Health Treatment Services Locator is a resource for individuals seeking treatment in the United States or U.S. Territories for both substance use and/or mental health problems.
- **Psychology Today:** www.PsychologyToday.com
Psychology Today's Therapy Directory lists clinical professionals, psychiatrists and treatment centers who provide mental health services in the US and internationally.
- **Therapy for Black Girls:** www.TherapyForBlackGirls.com
Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.
- **Zoc Doc:** www.ZocDoc.com
With Zocdoc, you can see doctors' open appointment times and book instantly online, make informed choices with verified reviews, and stay on top of important checkups with tailored reminders.
- Contact the Employee Assistance Program (EAP), if available through your employer. EAP programs provide brief high quality care to address your emotional and mental health needs, at no cost to you.
- Many community mental health clinics (university counseling center or mental health clinic) offer free or sliding scale fees to make mental health services more affordable. You can do a Google search to identify local community mental health clinics in your area.

Medication

Can be prescribed through a psychiatrist or your primary care doctor to help improve your mood. The provider will assess your current and past symptoms to determine the best medication to prescribe. It is important to note that some individuals may need to try different types of medication, before finding one that is effective in treating your symptoms.

FOR MORE INFORMATION

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Resources During Crisis or Distress

The National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Visit, <https://suicidepreventionlifeline.org/> or dial 1-888-628-9454 to speak to someone.

The Veterans Crisis Line

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Responders will work with you to help you get through any personal crisis, even if that crisis does not involve thoughts of suicide. Dial 1-800-273-8255 and (Press 1) to talk to someone now. A confidential chat is also available online or through text. To chat online (<https://www.veteranscrisisline.net/ChatTermsOfService.aspx>) or send a text to 838255 to receive confidential support anonymously.

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