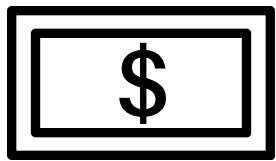




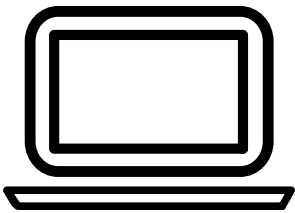
Finding a Mental Wellness Professional Search Tips

Searching for a Mental Wellness Professional (MWP) can be a complicated process. A MWP can be a therapist, holistic health, or substance use professional. There are many factors to consider when searching for a Mental Wellness Professional that fits all of your needs.

Here are some tips to consider during your search:



- **Know your payment and insurance information:** If you have insurance, look on the front of the insurance card to identify your plan and look on the back of the card to call the insurance company to see if the therapist you would like to see is in network. If you do not have insurance, pay attention to the MWP sliding scale fee. A sliding scale fee means you would have to pay a set fee out of pocket per session.



- **Know the condition in which you need support:** MWP specialize in treating different mental health conditions. Even if you have never been diagnosed, look up different mental health conditions to see which symptoms match closely to what you're experiencing as a primary area of concern. You can check out short explanations of mental health conditions here: <http://www.sistaafya.com/mental-health-conditions>



- **Search for more than 1 therapist at a time:** Schedule an informational appointment (meet & greet) with more than 1 therapist during your search. The 1st MWP you find might not always be the best fit. Widen your search by contacting up to 5 MWP at a time and see if you can get a free phone or in-person informational interview before making a decision.