

# HOW TO SEE A THERAPIST SOONER THAN LATER...

## DO YOU HAVE BENEFITS/EAP?

YES

NO

**1** Look into the benefits package by requesting a pdf or reading over a hardcopy should you have one at home. Look to see if you have extended health coverage for therapy (counselling) AND/OR if you have an Employee Assistance Program (EAP). Some people are covered by a family member's plan.

If you have EAP, research how to get connected to therapy through this route by referring to the benefits pdf/brochure. Follow the instructions to get set up.

If you have extended health coverage for therapy, see what professions your benefits cover e.g. psychotherapist (RP), social worker (RSW), marriage and family therapist (RMFT), psychological associate (Psych. Assoc.), psychologist (CPsych), etc.).

Proceed to steps 2-3.

If you don't have benefits but are able to pay...

Look up therapist options online at [www.psychologytoday.com](http://www.psychologytoday.com) or [openpathcollective.org](http://openpathcollective.org).

Open Path Collective offers reduced rate and sliding scale fee therapists (~\$30-80/session). Refer to advice in step two RE: how to find the right therapist.

Contact  
Family Counselling and Support Services for  
Same Day Quick Access Clinics Call  
519-824-2431 ext 12 or email  
[intake@familyserviceguelph.on.ca](mailto:intake@familyserviceguelph.on.ca)

More details at:

<https://familyserviceguelph.on.ca/wp-content/uploads/2020/10/Walk-in-flyer-all-locationsii.pdf>

**2** Once you know what profession(s) are covered, go online to [www.psychologytoday.com](http://www.psychologytoday.com) or [openpathcollective.org](http://openpathcollective.org) and begin searching through therapist profiles. Pull up profiles of therapists who have the credentials that your plan covers (e.g., psychotherapist or social worker). Then email or call a few who stand out to you. Don't be afraid to call around until you feel a good connection with a therapist. Helpful clues for connection might be that they understand you, are willing to work on what you want to work on, and have a way of working that makes sense to you.

It's helpful to have questions to ask the therapist over the phone like, but not limited to: Do you work with people who are experiencing the concerns I've shared with you? If this isn't something within your scope of practice, is there a therapist who you'd recommend? How do you know if I'm making progress or not in therapy? And how do you adjust in the event that I'm not making progress?

**3** When you feel that a therapist is a good fit for you, arrange a time for the first in person session with them. With COVID19, many therapists are offering online or phone sessions. Therapy is a bit like dating, when you meet the therapist for the first time don't feel that you need to stay committed to them long term if it doesn't feel like a good fit. Don't get discouraged if it doesn't work out. If this happens it's not a problem with you, but with the fit. Give another therapist a try! Many people have to try a couple of therapists to find somebody who's a good fit for them.