

## How to find therapy that fits you

**W**e all need someone to talk to sometimes. If you are stressed, sad or not feeling quite yourself, therapy might be helpful for you. Therapy is a good tool to help you achieve good mental health. There are many styles of therapy. It is important to find the style and the provider that will serve your mental health needs best.



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### Quick facts on therapy:

**1** Research what type of therapy suits your needs. You may be looking for therapy to explore and change how you behave. You may want to look at how you think. Or you may want a combination of both.



**2** If you have specific concerns, you can find a provider who can address them. Some therapists work with grief, trauma, stress or addiction. They can help you with such issues.

**3** Look for a therapist's credentials. You can also find reviews from other patients online. Try not to get frustrated if it takes a little while to find a good fit.

**4** Be honest about what you are hoping to address in therapy. It can be hard to open up to a stranger. Work to build a relationship and trust before you decide therapy is not for you.

**5** Make the most of your therapy budget. Many insurance providers cover mental health care. You can also try group therapy or online tools to make therapy accessible.



>> For more information on therapy, visit [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)