

# How to Find Mental Health Treatment: A Guide

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## MENTAL HEALTH TREATMENT DIRECTORIES

### SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA):

#### Find Treatment

Access a compilation of links to hotlines and treatment directories at [samhsa.gov/find-treatment](https://www.samhsa.gov/find-treatment)

#### Behavioral Health Treatment Services Locator

Find behavioral health treatment facilities near you at [findtreatment.samhsa.gov/](https://findtreatment.samhsa.gov/)

#### Early Serious Mental Illness Treatment Locator

Find treatment facilities specializing in recent/first onset of serious mental illnesses such as psychosis, schizophrenia, and bipolar disorder at [samhsa.gov/esmi-treatment-locator](https://www.samhsa.gov/esmi-treatment-locator)

#### Substance Use Treatment Services Locator

Find substance use treatment facilities near you at [findtreatment.gov](https://findtreatment.gov)

#### Opioid Treatment Program Directory

Find opioid treatment programs by state at [dpt2.samhsa.gov/treatment](https://dpt2.samhsa.gov/treatment)

#### Buprenorphine Practitioner Locator

Find practitioners authorized to treat opioid dependency with buprenorphine by state at [samhsa.gov/medication-assisted-treatment/practitioner-program-data/treatment-practitioner-locator](https://www.samhsa.gov/medication-assisted-treatment/practitioner-program-data/treatment-practitioner-locator)

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### PSYCHOLOGY TODAY

Search for therapists near you (with the ability to filter by accepted insurance; sliding scale payment options; languages spoken; types of training; specialties in certain issues or disorders; and experience working with people of different genders, ages, races/ethnicities, sexualities, and faith backgrounds) at [psychologytoday.com](https://www.psychologytoday.com)

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### ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA (ADAA): FIND A THERAPIST DIRECTORY

Find ADAA members/licensed mental health providers specializing in anxiety, depression, OCD, PTSD, and related disorders at [members.adaa.org/page/fatmain](https://members.adaa.org/page/fatmain)

*This is a list of resources that may help you or a loved one find accessible, affordable care. If help is needed right away, please call 911 or go to the nearest emergency room or crisis center.*



## DIRECTORIES FOR SPECIFIC POPULATIONS

### Black Mental Health Alliance

Access a directory of Black psychiatrists at [blackmentalhealth.com/black-psychiatrists/](https://blackmentalhealth.com/black-psychiatrists/) and request a referral to a culturally-competent, patient-centered mental health professional at [blackmentalhealth.com/connect-with-a-therapist/](https://blackmentalhealth.com/connect-with-a-therapist/)

### Inclusive Therapists

Access a directory of therapists that provide culturally affirming, responsive client care and center the needs of marginalized, underserved populations at [inclusivetherapists.com/](https://inclusivetherapists.com/)

### Melanin and Mental Health

Connect with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities at [melaninandmentalhealth.com/](https://melaninandmentalhealth.com/)

### National Queer and Trans Therapists of Color Network

Access a directory of QTPoC mental health practitioners across the country at [nqttcn.com/directory](https://nqttcn.com/directory)

### Pride Counseling

Connect with a licensed therapist that provides professional online counseling for the LGBTQ community at [pridecounseling.com/](https://pridecounseling.com/)

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## INSURANCE COMPANY DIRECTORIES

Private insurance companies have directories of licensed mental health providers that fall within their network. Call your insurance company or visit their website to learn more.

## HELPLINES, TEXT LINES, AND ONLINE CHATS

These services are free for anyone to use and a great place to start if you're not sure of your treatment options. They can be particularly helpful to those without insurance and/or those who could benefit from sliding scale (income-based) treatment fees.

### 211 HOTLINE — [211.org](https://211.org)

*For anyone experiencing a mental health crisis, mental health or substance use issues, or abuse and/or who needs help finding supplemental food programs, shelter/housing, utilities assistance, disaster relief, employment and education opportunities, affordable healthcare (including sliding scale services), or other social services.*

### NATIONAL ALLIANCE ON MENTAL ILLNESS (NAM) HELPLINE — [nami.org/help](https://nami.org/help)

*For anyone experiencing mental health issues and/or seeking information on mental health resources.*

### SAMHSA — [samhsa.gov/find-help/national-helpline](https://samhsa.gov/find-help/national-helpline)

*For anyone experiencing mental health issues and/or seeking information on mental health resources.*

**AVAILABILITY:** 24/7/365

**PHONE NUMBER:** 2-1-1 (180+ languages)

**ONLINE CHAT:** Varies by location (*check website*)

**AVAILABILITY:** Monday-Friday, 10am-6pm ET

**PHONE NUMBER:** 1-800-950-NAMI (6264)

**TEXT NUMBER:** Text NAMI to 741741

**EMAIL:** [info@nami.org](mailto:info@nami.org)

**AVAILABILITY:** 24/7/365

**PHONE NUMBER:** 1-800-662-HELP (4357) (*English & Español*)



## OTHER WAYS TO FIND FREE OR DISCOUNTED SERVICES

### UNIVERSITY COUNSELING CENTERS

#### FOR STUDENTS

University students enrolled in their school's student insurance can typically access mental health services at their university counseling center without a copay.

#### FOR THE GENERAL PUBLIC

Many university counseling centers offer significantly discounted mental health services to everyone in the community (not just students). Call or visit the websites of nearby universities' health centers to learn more.

### CLINICAL TRIALS

As clinical research trials are conducted to test new treatments, there is a certain level of risk involved. However, these trials are free to participate in and may provide access to otherwise unavailable treatment. Visit [nimh.nih.gov/health/trials/](https://www.nlm.nih.gov/health/trials/) to learn more.

### SUPPORT GROUPS AND GROUP THERAPY

*Many people find peer support groups to be helpful on their recovery journey, and groups are typically free to attend. Groups are available in person and online.*

#### AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP): FIND A SUPPORT GROUP

Access AFSP's directory of support groups for suicide attempt survivors and those who have lost someone to suicide at [afsp.org/find-a-support-group](https://www.afsp.org/find-a-support-group)

#### MENTAL HEALTH AMERICA (MHA): FIND A SUPPORT GROUP

View a list of support groups and related resources compiled by MHA at [mhanational.org/find-support-groups](https://www.mhanational.org/find-support-groups)

### THE LOVELAND FOUNDATION

Black women and girls can apply for financial assistance for therapy at [thelovelandfoundation.org](https://www.thelovelandfoundation.org)

### GIVE AN HOUR

Give an Hour focuses on providing free mental health services to military service members, veterans, and their families. Other groups and individuals may be approved as resources are available. See if you're eligible for free services from volunteer mental health professionals at [giveanhour.org/get-help](https://www.giveanhour.org/get-help)

### OPEN PATH PSYCHOTHERAPY COLLECTIVE

For a lifetime membership fee of \$59, access a directory of therapists providing in-office and online psychotherapy sessions between \$30 and \$60 (between \$30 and \$80 for couples & family sessions) at [openpathcollective.org/](https://www.openpathcollective.org/)



## ADDITIONAL RESOURCES

### Finding a Mental Health Professional | NAMI

Read the National Alliance on Mental Illness guide to finding a trustworthy and knowledgeable mental health professional at [nami.org/Your-Journey/Individuals-with-Mental-Illness/Finding-a-Mental-Health-Professional](https://nami.org/Your-Journey/Individuals-with-Mental-Illness/Finding-a-Mental-Health-Professional)

### Finding Mental Health Care that Fits Your Cultural Background | NAMI

Access the National Alliance on Mental Illness fact sheet on finding a culturally competent mental health provider at [nami.org/getmedia/96871c65-293b-42cb-9697-091897cfd8bd/flyer\\_culturallycompetentproviders2016](https://nami.org/getmedia/96871c65-293b-42cb-9697-091897cfd8bd/flyer_culturallycompetentproviders2016)

### Finding the Right Mental Health Care For You | MHA

Read the Mental Health America guide to understanding types of mental health treatment and providers at [mhanational.org/finding-right-mental-health-care-you](https://mhanational.org/finding-right-mental-health-care-you)

### Help for Mental Illnesses | NIMH

Read the National Institute of Mental Health guide to seeking help for mental illness at [nimh.nih.gov/health/find-help/](https://nimh.nih.gov/health/find-help/)