



HOW TO FIND A MENTAL HEALTH PROFESSIONAL

The process of finding a mental health professional can feel overwhelming, so we've broken it down into steps to make it easier to get started.

Identify Your Needs

1. What specifically are you looking for help with?
 - a. Marital conflict, anxiety, depression, addiction, assessment and diagnosis for your child, etc.
2. Do you want therapy? Medication? Both?

Determine the Kind of Professional Required

1. Learn about the different kinds of mental health professionals available.
 - a. Check out the Mayo Clinic's article on Finding a Mental Health Professional. It describes their various roles and responsibilities.
2. Decide which type or types you need.

Check Your Insurance

1. Call your insurance provider. Ask the following:
 - a. What kind of mental health services are covered?
 - b. Who are the in-network professionals?

Get Recommendations

1. Ask your primary care doctor for a referral.
 - a. They may want to do an evaluation to ensure your symptoms are mental health related and not caused by a physical condition.
2. Ask your friends and family for recommendations.
3. Call a Kensington Campus Care Provider for referrals for your specific needs. 248-786-0600
4. Investigate other sources like Psychology Today, etc.

Evaluate their credentials and experience

1. Check for a current licensure.
2. Confirm they are trained in the area you are seeking help.