



How to Find a Therapist as a Grad Student Therapy Options Outside of RU



If you feel that one or more of the following apply to you:

- Your stress level is too high
- You feel so anxious sometimes that it affects your daily functioning
- You have depressive episodes and/or feel sad for no apparent reason
- You have trouble functioning on a day-to-day basis

... it is time to find a therapist who can help you. Getting professional help is one of the best forms of selfcare. It can be hard to navigate the initial process of finding a therapist. Here is a suggested path that you can follow to find your best fit in a therapist.

1. **Try [Psychology Today](#) to search for therapist/therapy options near you.**
 - This site provides an exhaustive database of in-person therapists in your zip code. Some of them might offer virtual sessions as well.
 - Another option is to make an account on [HealthiestYou](#) and search for therapists.
2. **Enter your search location (zip code or city).** A list of therapists will appear.
3. **Filter by insurance provider.** As a Rutgers student, you likely have United Healthcare, NJ SHBP, or are on your parents' insurance (if you are a US citizen under 26). Depending on what insurance you have, you can filter to find therapists who are covered by your plan/in-network.
4. **Read the descriptions of the therapists and find someone who resonates with you.** Every therapist has an "About" section where they describe themselves and their areas of expertise. Click on individual therapists to see their specialties, qualifications, hourly charges, accepted insurance providers, etc. If their description sounds appealing to you, take note of their name.
5. **Make a list of about 3-4 therapists that you like.** It's good to have options when you start.
6. **Contact them individually via email or phone call.** Ask if they are accepting new clients and confirm that they accept your insurance. They will likely ask for your insurance details and advise you on whether they are "in-network" or "out-of-network" with your insurance. This affects your co-pay, so you can ask what the co-pay will be under your specific insurance plan. Ask about their availability and check if that works for your schedule.
7. **Schedule your first appointment.** You can do this with more than one therapist, if you'd like, or try one at a time. Therapy is an intimate relationship, so it is important to find someone you feel comfortable with. Once you meet them for a session, pay attention to how you feel and if you like their vibe.
8. **Self-assess and keep going.** It may take a few appointments to determine if your chosen therapist is the right fit for you. If it works out – congratulations, you did it! If not, move on to the second person on your list and try again. Do not feel bad about ceasing your sessions with one therapist to try someone else. Therapists want to make sure that *you* feel it is the right fit as well. Finding someone you feel comfortable with and who relates to you is a process that can take some time, but don't be discouraged, you can do it on your own time. Take this journey one step at a time and it will be easy to navigate.