

Tips on How to Find a Behavioral Healthcare Provider

There are several websites that will help guide you to finding a mental health or substance abuse provider. Here are some options to consider in your search.

Finding Options for Care:

- 1) Review for any nearby Universities which have Psychiatry or Psychology programs, and also their University based Counseling Centers. Usually you can find links for how to access local care through their websites.
- 2) Check the person's insurance panel, or at minimum, the BCBS PPO panel (which tends to cover so much geographic territory). Using the listing of people who accept a PPO, you can then try to find more information on those individual providers to see what may meet the person's needs best.
- 3) Check the back of your insurance card – typically there is a contact number specifically for Mental Health / Substance Abuse. Most insurances will have a customer services representative or mental health clinician available who can assist in helping refer to care.
- 4) National Alliance for Mentally Ill: their overall website has a great deal of information. Here is the link to their section, [Finding a Mental Health Professional](#)
- 5) Other main websites which tend to be helpful:
 - a. Mix of Mental Health/Sub Abuse resources (providers pay for their listings):
 - i. www.psychologytoday.com
 - ii. <http://www.networktherapy.com/directory/>
 - iii. www.mhweb.org (specific to SE Michigan)
 - b. Professional Association Search tools
 - i. Find a Psychologist <http://locator.apa.org/>
 - ii. Find a Social Worker/National Association of Social Workers: <http://www.helppro.com/nasw/BasicSearch.aspx>
 - iii. Anxiety Disorder Association <http://www.adaa.org/netforum/findatherapist>
 - iv. Association for Behavioral and Cognitive Therapies: <http://www.abct.org/Members/?CFID=1366753&CFTOKEN=20468429>
 - c. SAMHSA Search tool: <http://findtreatment.samhsa.gov/>

For more information and resources, please check out our [Depression Toolkit](#). Here you'll find references to specific conditions including depression, bipolar disorder, anxiety disorders and substance abuse. You may also scan their QR code to get to the Toolkit:

