

# HOW DO I FIND A THERAPIST?

## Think about what your needs are.

- Do you prefer a person that specializes in something specific? Prefer to work with a woman? Maybe you prefer to work with someone who specializes in working with LGBTQ+ issues?
- Keep this in mind before starting your search. Complete the following steps:
  - Visit [Psychologytoday.com](https://www.psychologytoday.com) or Thriving Campus
  - Click "Find a Therapist"
  - Type in your city and state and a list of therapists will show up on your screen
  - Filter results to reflect any specific qualities that you require in a therapist
  - Check out a few profiles and read the short bio provided which will discuss their personal counseling style and specializations
  - Ensure that the payment options offered are suitable to your needs
  - Call or contact them using the information on their page
  - The counselor will contact you back and set up a call to discuss your needs
  - The office will let you know if they are currently accepting new clients (if they are not... do some more searching)
  - If you feel like the counselor is a good fit you can work with them to schedule a session
  - You may be asked to speak with the therapist over the phone and complete paperwork prior to the intake session (when the therapist gathers your background information prior to starting counseling)
  - The therapist is there to answer any questions you have about the process.

## QUESTIONS TO ASK

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How often will we meet?

How long is each meeting?

When and how do I pay for sessions?

Is therapy covered by my insurance?

What does sliding-scale mean?

How do I choose the right therapist for me?

Will the therapist give me a diagnosis?

What qualifies you as a therapist?

## PLACES TO LOOK

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### HOOD COUNSELING CENTER

Phone: 301-698-8374

Option 1-- Leave a message

### THRIVING CAMPUS (ALL USA)

[hood.thrivingcampus.com/](https://hood.thrivingcampus.com/)

### ADVANCED BEHAVIORAL HEALTH (MD ONLY)

301-345-1022

[www.abhmaryland.com/](https://www.abhmaryland.com/)

### EMPLOYEE ASSISTANCE PROGRAM (AVAILABLE 24/7)

1-800-327-2251

[portal.bhsonline.com/](https://portal.bhsonline.com/)

*Hood College faculty and staff only*

### PSYCHOLOGY TODAY

[www.psychologytoday.com/us](https://www.psychologytoday.com/us)

### LGBTQ+ COUNSELING

[Pridecounseling.com](https://Pridecounseling.com)

### SUBSTANCE ABUSE- SAMHSA

[www.samhsa.gov/](https://www.samhsa.gov/)

See "More Providers" on next page

# MORE PROVIDERS

## HOOD COUNSELING CENTER

Hood College Health Services at Frederick Health's Toll House Site: 501 West 7th Street, Frederick, MD 21701  
Phone: 301-698-8374 - Option 1-- Leave a message and a counselor will return your call for an appointment

## MENTAL HEALTH ASSOCIATION OF FREDERICK

866-411-6803  
226 South Jefferson St., Frederick, MD 21701

## HEARTLY HOUSE

[www.heartlyhouse.org/](http://www.heartlyhouse.org/)  
24-Hour Emergency Hotline: 301-662-8800  
Phone: 301-418-6610

## SUBSTANCE USE SERVICES

## KOLMAC OUTPATIENT RECOVERY

[www.kolmac.com/](http://www.kolmac.com/)  
(888)-240-6721  
Multiple locations throughout Maryland including one location in each of the following states: Virginia, D.C., and Pennsylvania

## THE ORENDA CENTER OF WELLNESS

[theorendacenter.com/](http://theorendacenter.com/)  
(240)-831-4873  
Outpatient Treatment Facility  
600 W Patrick St., Frederick, MD 21701  
(240) 831-4873  
Residential Treatment Facility  
17645 Harbaugh Valley Rd., Sabillasville, MD 21780  
(301) 241-3629

## LGBTQ+ SERVICES

## KATE MACSHANE

Maryland Center for Gender & Intimacy  
(301) 360-4349319  
West Patrick St., Frederick, MD  
[www.mdcenterforgenderandintimacy.com/](http://www.mdcenterforgenderandintimacy.com/)

## THE FREDERICK CENTER

[www.thefrederickcenter.org/](http://www.thefrederickcenter.org/)  
LGBTQIA+ individuals, family, and group therapy  
Access to free groups, events, and resources

## PATHWAYS TO THERAPY

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- Students:
  - Hood College Counseling Center
  - Thriving Campus
  - ABH
- Faculty/ Staff:
  - Hood College Counseling Center
  - ABH
  - EAP
  - Thriving Campus
- Uninsured:
  - Mental Health Association of Frederick
  - ABH
  - Thriving Campus- don't select an insurance option, can select "sliding scale offered"
  - Sliding scale will be subject to the providers discretion
  - Self-pay option

## HOTLINES

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- **211** - Call 211, or **text 898-211** with your zip code to speak to a professional 24/7. They offer support for a variety of things including mental health, domestic violence, substance use, and many others. Visit [211md.org/](http://211md.org/) for more info.
- SAMHSA **1-800-662-4357** - SAMHSA is a national resource hotline for substance abuse help. They can help you find services in your local area.
- National Suicide Prevention Lifeline **1-800-273-8255**
- The Trevor Project (LGBTQ Suicide Hotline): **1-866-488-7386**
- Trans Lifeline: **1-877-565-8860**
- Crisis Text Line: **Text HOME to 741741**
- Crisis Text Line for Students of Color: **Text STEVE to 741741**