



The WHALE Study
Family Newsletter
January | 29th | 2021

How to Choose a Therapist

In our last newsletter, "[Why Should I Consider Therapy](#)," we shared why parents may want to consider seeking therapy. As promised, here is our beginner's guide to getting started:

To find a therapist health insurance companies offer lists or have directories for in-network providers (typically cheaper co-pays). [PsychologyToday](#) also has a searchable list of providers you can filter by location, insurance, issues/specializations, and therapist characteristics (age, gender) if those matter to you. Your employer's Human Resources division may offer free therapy through an Employee Assistance Program. Another way to find a therapist is to ask anyone you know who has been to therapy if they enjoyed their provider. That provider may be able to provide recommendations (for free!) of other providers who are seeing patients and could meet your needs.

When browsing therapist profiles, knowing what issues you are hoping to address (such as anxiety, depression, relationship challenges) is important as providers have [different specializations and approaches](#). For example, cognitive-behavioral therapists (CBT) focus on patterns of thinking and behavior whereas somatic-focused therapy centers on physical body and mental connections. There are also specialized treatments for specific concerns (trauma, OCD) and options for couples and family therapy, or group therapy.

A *consultation* with a provider (an initial visit where you meet them and get a sense for their style) can be a great way to help figure out what your biggest concerns are and what kind of therapy you should be looking for. Sometimes providers will charge for the initial consultation visit, but it is usually worth it.

What about cost? The price or time commitment of therapy can feel intimidating, but therapy is an investment in yourself, and may be less expensive than you imagine. Insurance covered co-pays can be the same as a doctor's visit. In addition, some providers use a "sliding scale" with fees determined by income level. Therapists in training, supervised by more advanced clinicians, are often available at lower rates (See local options below.) You may also choose to reduce the frequency of sessions if needed.

Once you selected a therapist, here is a resource of [what to expect from your first session](#) including questions you may want to ask. Remember, if you don't like the first person you meet with, you can switch therapists! The therapist won't be offended, they also want you to have the best match possible.

Check out the page below for **therapy** and **community** resources!



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: whalestudy@unc.edu | 919-914-0588
Find us on Twitter: @circlelab_unc, Instagram: circlelab_unc, and [Facebook!](#)

THErapy RESOURCES (CLICK BLUE LINKS)

- Resources Addressing Concerning Starting Therapy:
 - Click [here](#) for tips on starting therapy from a Black psychologist
 - Click [here](#) to learn about what to consider when choosing a therapist
 - Click [here](#) to read about types of psychotherapy
 - Click [here](#) to learn about what to expect from your first therapy session
- University-Based Community Clinics:
 - Click [here](#) for UNC's Community Clinic (Chapel Hill)
 - Click [here](#) for Duke's Psychology Clinic (Durham)
 - Click [here](#) for NC State's Psychoeducational Clinic (Raleigh)
- Local Centers for Child and Family Services:
 - Click [here](#) to learn more about Hope Services 4 U (Raleigh)
 - Click [here](#) to learn more about the Center for Child and Family Health (Durham)
- On "text therapy:"
 - Programs like [TalkSpace](#) or [BetterHelp](#) do not provide therapy but may offer a convenient and cheaper option to access "therapeutic conversation" or coaching with a licensed therapist for problem-solving or validation.

COMMUNITY RESOURCES (CLICK BLUE LINKS)

HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information
 - 216-965-5095
- [Durham Rescue Mission](#)
 - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you

HEALTH & SAFETY

- [Compass Center for Women and Families](#)
 - 919-929-7122
- [Durham Crisis Response Center](#)
 - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
 - 919-828-7501
- [Orange County Rape Crisis Center](#)
 - 866-935-4783 (call) , 919-504-5211 (text)
- [Freedom House](#)
 - 919-967-8844 (Crisis Unit, Chapel Hill)
 - 1-877-967-8844 (Mobile Service)
- Suicide prevention lifeline: 1-800-272-TALK
- Hope4NC Helpline: 1-855-587-3463

CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)