

Referrals for Counseling

This is such an unprecedented time of need in mental health that, for the first time in my career, I have no counselors to refer new or returning clients to. Here's my best advice for finding a counselor who is taking on new clients:

- If you have health insurance, you can call the phone number on the back of your insurance card and ask them to email you a list of all their counselors who are taking on new clients. If the client is a child/teen, make sure to ask for counselors who work with minors.
 - Be prepared to call and/or email at least 5-10+ counselors, and keep trying if you don't hear back within a week.
- With or without insurance, you can try counselor directory sites such as www.psychologytoday.com, www.goodtherapy.org, www.openpathcollective.org, www.betterhelp.com, etc.
- You can also search Google for "counselors", "therapists", "licensed professional counselors", "marriage and family therapists", "licensed clinical social worker", etc. + your zip code to find resources that may not be listed on the directories.
- You may have an easier time getting into group therapy or a support group, and if you end up liking the group therapy counselor, you may be able to do individual counseling with them.
 - Ask your health insurance provider about groups offered, check the directory sites, and/or Google search for "group therapy" or "support groups" + your zip code.
- You may have some luck Googling relevant terms such as "mental health clinic", "counseling practice", "psychotherapy", etc. + your zip code.
- Check with relevant professional organizations such as the American Counseling Association (ACA), the American Psychological Association (APA), etc.
- School guidance counselors and college/university counseling centers sometimes have good counseling referrals/resources, even if the client does not attend the school.
- Crisis chat/hotlines may be helpful for urgent needs.
 - Try Googling "national crisis hotline", "Portland crisis chat line", etc.
- Dial 211 or go to www.211info.org for community-based resources.

Overall, the more counselors you reach out to, the better your odds of hearing back from someone in a timely fashion. I hope this helps to at least point you in a productive direction.

Best of luck out there!

Sincerely,
Holly Morseman, M.A., LPC

Please note, if you or a loved one poses a serious danger to themselves or someone else, call 911 or go to your nearest hospital immediately.