

OPTIONS & RESOURCES FOR THERAPY SUPPORT

PREPARED BY:

UNC-CH GENDER VIOLENCE SERVICES COORDINATORS

TIPS FOR CONNECTING WITH A THERAPIST

REACHING OUT

It can often be helpful to identify 3-4 providers you think might be a good fit based on your preferences and needs (such as insurance and/or cost, location, specializations, provider identity, etc.) Once you have a list of providers, it can be helpful to contact them to determine if they are taking new clients.

If they have availability for new clients, you can ask if they offer a free consultation. Many providers have an email, phone number, and/or contact form on their website you can use to reach out.

You can often find out more information about your specific benefits related to mental health services on your insurance provider's website or by calling the number on the back of your insurance card.

If you are not planning to use insurance, sometimes therapists offer reduced or sliding scale fees based on an individual's financial needs. This information can often be found on a provider's website or you can ask about these options during a consultation.

SCHEDULING A CONSULTATION

Many providers will offer a free 15-30 minute consultation via phone or video call to share more about their work, learn more about what you're looking for in a therapist and through therapy, and answer any questions you might have. This is often a helpful way for them to determine if they could provide the support you are looking for and for you to determine if they might be an effective therapist for you. You can share a bit about you, goals you have for therapy, concerns you have, and anything that might feel helpful in determining whether the therapist may be a fit for you and someone with which you can foster an effective working relationship.

Some questions to consider:

- How would you describe your approach to therapy? What's your approach to working with someone new?
- What kinds of trainings and certifications do you have? What are your areas of specialization and/or expertise?
- What is your experience working with individuals who have been impacted by sexual violence, interpersonal violence, stalking, and/or harassment?
- If you're looking for a specific type of treatment (ex: EMDR, Somatic Experiencing, Cognitive Processing Therapy, etc.) you can ask about their experience with that particular type of therapy

Just because you have a consultation with a therapist does not mean you are obligated to work with them or choose them! Consultations can be a great way to get a better sense for the therapist and gather more information about whether they might be a helpful fit for you and your needs.

RESOURCES FOR FINDING A THERAPIST

PSYCHOLOGY TODAY

[HTTPS://WWW.PSYCHOLOGYTODAY.COM/US/THERAPISTS](https://www.psychologytoday.com/us/therapists)

To find a therapist in your local community, Psychology Today's Online Provider Search Tool can be helpful in locating community providers by zip code.

Filter options allow you to filter therapists by zip code, insurance, specializations, and other criteria to help narrow your search. To find providers with experience working with trauma related to gender-based violence, the following search terms can be helpful: "Trauma and PTSD," "Domestic Violence," and "Sexual Abuse".

Most providers have a page which includes contact information or will link you to the provider's website to request a consultation. A provider's website often includes more information about insurance and costs, what topics they specialize in, trainings and certifications they may have, and how they approach working with individuals.

RESOURCES FOR STUDENTS

COUNSELING & PSYCHOLOGICAL SERVICES

[HTTPS://CAPS.UNC.EDU](https://caps.unc.edu)

CAPS offers brief therapy and mental health services for any full-time undergraduate or graduate student, Postdoctoral fellow, and partners of students/post-docs who have paid the Campus Health Fee.

For an initial screening (no appointment needed) you can call 919-966-3658. This will allow them to connect with you and assess support you're seeking to determine what care might be available through CAPS and/or a referral for community providers. If individuals know they would like to connect with a community provider, CAPS can also provide referrals.

You can schedule an initial phone screening or email CAPSreferrals@unc.edu to request provider referrals and referral coordination support. You are welcome share information about what support you're looking for, concerns about costs (or insurance you're planning to use), preferences in a provider, or any other information that may help them identify potential providers.

CAPS also offers group therapy focusing on a variety of topics. More information about current group offerings can be found on their website:

<https://caps.unc.edu/services/group-therapy>

RESOURCES FOR EMPLOYEES

EMPLOYEE ASSISTANCE PROGRAM

[HTTPS://HR.UNC.EDU/BENEFITS/WORK-LIFE/EAP/](https://hr.unc.edu/benefits/work-life/eap/)

All permanent employees and their dependents are eligible to use the Employee Assistance Program.

All former employees are eligible to use the Employee Assistance Program for up to six months after leaving the University. The Employee Assistance Program is a free service.

Trained counselors are available by phone 24/7 by calling Guidance Resources EAP Service at 877-314-5841.

RESOURCES FOR EVERYONE

UNC'S PSYCHOLOGY & NEUROSCIENCE COMMUNITY CLINIC

[HTTPS://CLINIC.UNC.EDU](https://clinic.unc.edu)

The UNC Department of Psychology and Neuroscience Community Clinic provides psychotherapy and other mental health services for a wide range of psychological and personal concerns.

For an initial assessment, you can email clinic@unc.edu, call 919-962-6906, or visit <https://clinic.unc.edu/clinic-forms/service-request/>

RESOURCES FOR EVERYONE

ORANGE COUNTY RAPE CRISIS CENTER

[HTTPS://OCRCC.ORG/GET-HELP/THERAPY/](https://ocrcc.org/get-help/therapy/)

OCRCC's Therapy Program provides short-term, trauma-focused therapy in English and Spanish for primary and secondary victims/survivors of sexual violence. OCRCC's therapy services are free.

If individuals would like to connect with a community provider, OCRCC can also provide referrals. You are welcome share information about what support you're looking for, concerns about costs (or insurance you're planning to use), preferences in a provider, or any other information that may help them identify potential providers.

OCRCC also offers support groups focusing on a variety of topics. More information about current group offerings can be found on their website: <https://ocrcc.org/get-help/therapy/>

For more information about therapy services or community referrals, please call 919-967-7273.

RESOURCES FOR EVERYONE

COMPASS CENTER

[HTTPS://WWW.COMPASSCTR.ORG/DOMESTIC-VIOLENCE](https://www.compassctr.org/domestic-violence)

Compass Center offers free short-term therapy for domestic violence victims/survivors and their families through their Mental Health Access Program. Compass Center's therapy services are free.

If individuals would like to connect with a community provider, Compass Center can also provide referrals. You are welcome share information about what support you're looking for, concerns about costs (or insurance you're planning to use), preferences in a provider, or any other information that may help them identify potential providers.

Compass Center also offers support groups focusing on a variety of topics. More information about current group offerings can be found on their website: <https://www.compassctr.org/domestic-violence>

For more information about therapy services or community referrals, please call 919-929-7122.

ONCE YOU'RE CONNECTED

Therapy can be tough—and you want to find a therapist you feel that you can trust and work with. Sometimes, this may take some time to develop and that's okay.

If after a few sessions you feel like they might not be the most helpful provider for you, it's okay to let them know that and find another therapist. Some people find their match immediately and sometimes it might take working with a couple therapists to find your match and what works for you. Both are okay!

Someone's needs may change over time, too, and they might find themselves in a moment where they want to switch providers. It can be helpful to be open with your therapist about your needs, what feels like it's working, what feels like it's not working, and come up with a plan together to make adjustments or find another therapist.

While it can take time, effort, and energy to find a therapist and develop an effective working relationship, it is incredibly important to be open with yourself and your therapist about your needs! Therapy is for you and individuals often find therapy most beneficial when they feel like they can be open and authentic, and trust their provider.

The Gender Violence Services Coordinators are happy to support individuals in any part of your process of connecting with a therapist. Feel free to reach out to gvsc@unc.edu or call 919-962-1343.
