

# OPTIONS & RESOURCES FOR THERAPY SUPPORT

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# CONNECTING WITH A THERAPIST

When seeking therapy services, it can be helpful to identify 3-4 providers you think might be a fit for you based on your preferences and needs. Factors to consider may include insurance eligibility and/or cost, location, specializations, in-person and teletherapy options, and provider identity. Once you develop a list of providers, you can contact them to determine availability and if they are accepting new clients.

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## Reaching Out

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Some therapists may indicate whether they are accepting new clients online. If you are unsure, you can reach out and ask. Many providers have an email, phone number, and/or contact form on their website you can use to reach out.

If a therapist is taking new clients, you can schedule a consultation.

If you plan to use insurance, you can contact your insurance provider to learn more about specific benefits related to mental health services. You can also find more information by calling the number on the back of your insurance card.

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

# SCHEDULING A CONSULTATION

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Therapists generally offer a free 15-30 minute consultation via phone, video, or in-person to learn about you, your interest in therapy, and to share more about their approach. A consultation can help you both determine whether the therapist is a fit and how you might work together. We encourage individuals to share information they feel would be important for a therapist to know, such as introductory information about you, any prior experience with therapy, diagnoses, goals or interests for therapy, and any questions or concerns you might have.

UNC's Counseling and Psychological Services (CAPS) also offers [guidance for finding a good therapist fit](#).

## QUESTIONS TO CONSIDER:

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- What is your approach to therapy? How do you approach working with a new client?
- What trainings and certifications do you have? What are your areas of specialization and/or expertise?
- Do you have experience working with individuals impacted by sexual violence, interpersonal violence, stalking, and/or harassment? How do you approach working through trauma?
- If you're seeking a specific type of treatment (EMDR, Somatic Experiencing, Cognitive Processing Therapy, etc.) you can ask about their training and background related to that approach.

**REMEMBER: Scheduling a consultation does not mean you are obligated to begin working with that therapist. It is one way to help you gather more information to determine who might be a fit for you.**

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# RESOURCES FOR FINDING A THERAPIST



## Students: Counseling and Psychological Services (CAPS)

Counseling and Psychological Services (CAPS) can be reached 24/7 by calling 919-966-3658.

CAPS offers brief therapy and mental health services each term. Individuals eligible for CAPS services include full-time graduate and undergraduate students, Postdoctoral Fellows, and partners of students or post-docs who have paid the Campus Health Fee.

No appointments are needed for an initial assessment at CAPS. Individuals will complete a brief questionnaire and then speak to a mental health professional to discuss their current needs and support they are seeking.

The provider will share about the types of care that might be available through CAPS, across campus, and in the community.

If someone would like a referral for a community provider, they can share that with CAPS during an initial assessment or email [CAPSreferrals@unc.edu](mailto:CAPSreferrals@unc.edu). They can share information about needs and interest in therapy, any specific types of treatment they are seeking, insurance, financial need, preferences in a provider, or any other information that might help identify potential referrals.



**CAPS also offers group therapy focusing on a variety of topics. Check out Group Therapy on the CAPS website.**

# RESOURCES FOR FINDING A THERAPIST

## Employees: Employee Assistance Program (EAP)

All permanent employees and their dependents are eligible to use the Employee Assistance Program (EAP). EAP is a free service.

Additionally, former employees are eligible to use EAP for up to six months after leaving UNC.

Counselors are available by phone 24/7 by calling Guidance Resources EAP Service at 877-314-584. Online resources are available with UNC-specific [login information](#).

## All: UNC Psychology & Neuroscience Community Clinic

UNC's Psychology and Neuroscience Department Community Clinic offers affordable psychological services through specialty clinics.

For an initial assessment, email [clinic@unc.edu](mailto:clinic@unc.edu), call 919-962-6906, or complete the form on the Clinic's website.



# RESOURCES FOR FINDING A THERAPIST

## All: Compass Center

The Compass Center offers support and information to help individuals impacted by domestic violence identify referrals for therapy and community resources.

Compass Center also offers free support groups and workshops focusing on a variety of topics. Check out their website for more information about available groups and registration.

## All: Orange County Rape Crisis Center (OCRCC)

OCRCC offers support and information to help individuals impacted by sexual violence identify referrals for therapy and community resources.

OCRCC also offers free support groups and workshops focusing on a variety of topics. Check out their website for more information about available groups and registration.

**REMINDER: While this guide focuses on therapy resources, additional resources offer a range of mental health services and support. To learn more, check out UNC's Heels Care Network.**

# RESOURCES FOR FINDING A THERAPIST

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## All: [Psychology Today Online Provider Search](#)

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To find a therapist in your local community, the [Psychology Today Online Provider Search](#) can be helpful to identify providers within a certain distance of a specific zip code.

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

Many providers have a page on the Psychology Today website which includes contact information or will link you to the provider's own website to request a consultation. Psychology Today and a provider's own website often also include information about current availability to take new clients. A provider's website typically includes more information to help you get to know them, understand insurance and costs, topics and issues they focus on, trainings and certifications they may have, and how they approach working with individuals.



# ONCE YOU'RE CONNECTED

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Finding a therapist can be challenging and doing the emotional work in therapy can be tough. That is why it is so important to find a therapist you feel you can trust and work with effectively. Sometimes, this trust may take some time to develop and that is okay. We believe in you and believe that you can find a good therapist fit, whether its the first one you connect with or if it takes a couple tries.

If after a few sessions you feel like your therapist might not be the most helpful provider for you, it is okay to share that and see if you can work through your concerns or you can find another therapist. Some people find a therapist immediately and sometimes it may take working with a couple to find a therapist that is a good fit for you. However it happens is okay!

Your needs may change over time, too, and you might consider finding a new provider. We encourage you to be open and honest with your therapist about your needs, concerns, and what is working and what is not, to come up with a plan together to make adjustments or determine next steps.

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 and honest with yourself and your therapist about your needs! Therapy is for you and it is most effective when you can be open, authentic, and trust your provider.

The Gender Violence Services Coordinators are happy to talk about therapy support and finding a therapist and we can provide support along the way. Feel free to reach out to [gvsc@unc.edu](mailto:gvsc@unc.edu) or call 919-962-1343.

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