

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

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

HOOD COUNSELING CENTER

Phone: 301-698-8374

Option 1-- Leave a message

THRIVING CAMPUS (ALL USA)

hood.thrivingcampus.com/

ADVANCED BEHAVIORAL HEALTH (MD ONLY)

301-345-1022

www.abhmaryland.com/

EMPLOYEE ASSISTANCE PROGRAM (AVAILABLE 24/7)

1-800-327-2251

portal.bhsonline.com/

Hood College faculty and staff only

PSYCHOLOGY TODAY

www.psychologytoday.com/us

LGBTQ+ COUNSELING

Pridecounseling.com

SUBSTANCE ABUSE- SAMHSA

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/
24-Hour Emergency Hotline: 301-662-8800
Phone: 301-418-6610

SUBSTANCE USE SERVICES

KOLMAC OUTPATIENT RECOVERY

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/
(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/

THE FREDERICK CENTER

www.thefrederickcenter.org/
LGBTQIA+ individuals, family, and group therapy
Access to free groups, events, and resources

PATHWAYS TO THERAPY

- 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

- **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/ 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**