

How to Find a Counselor on Psychology Today

1. Go to the Website

Visit www.psychologytoday.com and click 'Find a Therapist.'

2. Enter Your Location

Type your zip code, city, or state and click Search.

3. Use Filters to Narrow Results

Select issues (Anxiety, Depression, ADHD, Trauma, etc.), insurance, age group, and telehealth or in-person preferences.

4. Review Therapist Profiles

Look for experience with your concern, insurance accepted, availability, and whether their approach feels like a good fit.

5. Reach Out

Contact therapists via email or phone. You may reach out to 2–3 at once.

Helpful Tips

It's normal if the first therapist isn't the right fit. Therapy works best when you feel comfortable and understood. Don't give up if a few don't respond.