

5 STEPS TO STARTING THERAPY

Trying new things can be scary. Starting therapy may feel overwhelming, but it is a powerful step toward improving your mental health and you deserve support. Here's how to begin:



Identify Your Needs

- Think about what challenges you're facing and what you hope to gain from therapy.
- Common goals include managing stress, improving relationships, healing from trauma, or learning coping skills.



Explore Your Options

- Learn about different types of therapy for different needs. Some common types include: Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Interpersonal Therapy, and Trauma-Focused Therapy (e.g., EMDR).
- Consider whether in-person or virtual therapy works best for you.



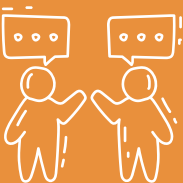
Find a Therapist That Fits

- Look for a therapist who specializes in your area of concern and matches your preferences, such as gender, age, or cultural background.
- Some places to look include: insurance provider directories, SAMHSA's Treatment Locator, Psychology Today's "Find a Therapist" tool, and online therapy platforms.



Prepare for Your First Session

- Write down key concerns, symptoms, or life challenges you want to discuss.
- Think about your therapy goals, but know that they may evolve over time.
- Ask about what happens in a typical session, privacy policies, and how progress will be measured.



Engage and Keep Going

- Therapy takes time—be patient with the process.
- Be open and honest with your therapist to get the most out of sessions.
- Practice skills outside of therapy to reinforce progress.
- If it doesn't feel like the right fit, it's okay to try a different therapist.

