

Finding a therapist



Talking with a therapist can help when you or someone you love has cancer. A therapist, also called a counselor, can help you cope with feelings and other challenges.

Talking to someone who has been through cancer can also help. We have tips for finding a cancer survivor to talk to at the end of this handout.

Ways to find a therapist



Ask your insurance company

Your health insurance company has a list of therapists. They pay some or all of the cost of therapy, depending on your insurance plan. You can:

- Check the insurance company's website for therapists near you. Contact the therapist's office to learn if they are taking new patients.
- Call your insurance company for help finding a therapist near you. You can ask the company how much of the therapist's cost they will pay. You might still need to contact the therapist to learn if they are taking new patients.

Ask at work

Your work benefits might include an employee assistance program, or EAP. This program may include several free therapy appointments, also called sessions.

Ask your human resources department if you have an EAP, if therapy is included, and how much is provided free.

Ask your doctor

Ask your regular doctor or health care provider about a therapist. You may need to contact the therapist to learn if they are taking new patients and take your insurance. Or your doctor's office may be able to ask the therapist for you.

Ask family and friends

Friends or family members may know a therapist they like. You can ask them, if you feel comfortable doing this. You can also ask a friend or family member to help you look for a therapist.

Look online

Many different websites have lists of therapists. Some of the most helpful websites are:

- **Psychology Today:** psychologytoday.com
Click "Find a Therapist" and type your ZIP code. You can search by type of insurance, the therapist's specialty and more. This site has a short description of each therapist. It may also have a link to their website.
- **Good Therapy:** goodtherapy.org
Type your ZIP code to look for a therapist. You can search in several different ways.
- **Better Help:** betterhelp.com
This website helps you find a therapist to talk to online. You answer some questions and the site matches you with a therapist. You will not need to go to their office. This can help if you are not feeling well due to cancer or treatment. You will need a phone or computer with a camera. You will also need a strong internet connection for your sessions.

Be patient and find the right person



It can take some time and effort to find the right therapist. Be patient and keep looking until you find someone you feel comfortable with. They should also understand your needs. This might mean finding a therapist who has helped other people with cancer.

You can ask to be put on a therapist's waiting list if they are not taking new patients.

Getting help while you look for a therapist

You may need to talk with someone before you find a therapist. You can call one of the free help lines below.

Cancer Support Community

Toll free cancer support helpline: 1-888-793-9355

cancersupportcommunity.org

Cancer Lifeline

Phone: 800-255-5505 or 206-297-2500

cancerlifeline.org

Talking with someone who had cancer



Talking with someone who has had cancer, especially the type you have, can be helpful. Here are some places to find this kind of support.

Imerman's Angels: imermanangels.org

4th Angel: 4thangel.ccf.org



Getting help in an emergency

Call 911 if you or a loved one need help right now. For example, if you or someone else is planning to hurt themselves, call 911 or go to the nearest emergency room.

You can also call Lines for Life at 800-273-8255.



Questions? (non-emergency)

Ask your cancer care team if you have questions about the information above or about finding a therapist. We are here to help you.