



Questions that may help you in choosing a mental health provider

Finding a mental health professional that's a good fit for you is a process. These questions may assist you in that process. Take good notes as you interview someone so you can compare answers from different providers. Keeping a spreadsheet of who you contacted and their responses might be helpful. If your first choice of provider doesn't have availability, or if you find after a visit or two that they are not a good fit, you can easily refer back to the information to select another provider. If there is a provider you'd really like to try who does not have availability, contact them to ask if you can be put on a waiting list.

Provider expertise questions

- What does a therapy session with you look like?
- Do you have experience dealing with [my specific issues such as depression, anxiety, etc.]
- Are there certain populations that you prefer to work with / are more comfortable with / have the most experience with?
- Have you worked with clients in the entertainment industry?
- How collaborative are you with other providers such as psychiatrists?
- Can you prescribe medications?
- Can you diagnose issues like ADHD or autism?
- Will you do couples or family therapy?
- If this is not the right match, what is the process for ending this relationship?

Scheduling questions

- Are you available evenings and weekends?
- Do you offer telehealth?
- How flexible are you in scheduling? What happens if I get called in to work at the last minute?
- If I am traveling for work will you see me if I am in a different state?

Fee questions

- What are your fees?
- Do you accept insurance?
- Will you work on a sliding scale?
- How do I pay you?
- Do you offer a free initial consultation? How long is it?

Search the Entertainment Industry Therapist Finder for providers that are familiar with the industry's unique culture, rigors and stressors.

