






Checklist


● before seeking therapy ●


Take some time to identify your specific mental health needs 

Familiarize yourself with different therapy modalities or approaches 

Ask for recommendations from trusted sources 

Ensure that the therapist you're considering has the appropriate credentials for your needs 

Look for therapists who have experience and expertise in the areas you want to address. 

Schedule an initial consultation or phone call with potential therapists to assess compatibility. 

Consider logistics: Evaluate practical aspects such as the location, availability, and session fees. 