

PSYCHIATRY RESOURCES

I hope you will find the following resources helpful to your mental health situation. You deserve to start (or continue) on your journey to “good” mental health and wellness!

Here are a few options to locate a psychiatrist:

- a. If you have insurance - contact your insurance company to inquire about a psychiatry referral list. (This allows a connection with psychiatrists/psychiatry nurse practitioners and physician assistants who are paneled with your insurance provider.)
- b. www.psychologytoday.com is a nation-wide site that provides a list of psychiatrists, therapists, psychologists, and substance abuse treatment centers/programs, based on the zip code that is used. This is a paid platform for providers, so not every mental health care provider or facility is listed but there is a sizable amount that are.
- c. Other options- You can locate a psychiatrist in your area from the following websites: <http://finder.psychiatry.org/>, www.zocdoc.com, and www.yelp.com.
- d. Google search the words, “psychiatrist” AND “medication treatment” AND “(your zip code)” to locate psychiatrists in your area that provide medication management services. You can also google “psychiatric treatment services.”
- e. If you do not have medical insurance or you currently have a small financial budget, contact a local National Alliance on Mental Illness (NAMI) representative. They can help you find affordable mental health care in your area.
- f. You can also contact the Substance Abuse and Mental Health Services Administration (SAMHSA), which is a reliable resource you can use to find affordable mental health care, including psychiatrists and therapists who accept Medicaid.
- g. Most regions also have federally funded health clinics, which you can visit or call.
- h. Another resource for free clinics is the National Association of Free & Charitable Clinics.



- i. Additionally, some teaching and academic institutions, like medical schools in your area, offer discounted rates for various forms of treatment inclusive of pharmacotherapy and psychotherapy.
- j. For veterans, check out Give an Hour, a national nonprofit that provides free and confidential mental health care to those who are serving, veterans, and their families.
- k. If your employer offers an employee assistance program, ask about the number of sessions covered under your plan.
- l. Finally, online mental health organizations like Teladoc, Cerebral or Doctor on Demand also employ or contract with psychiatrists who provide online treatment for mental health care. Insurance or out of pocket options are both available.

I WISH YOU ALL THE BEST ON YOUR MENTAL HEALTH AND WELLNESS JOURNEY!


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