

Finding a Mental Health Provider

WHAT ARE 3 DIFFERENT TYPES OF MENTAL HEALTH PROVIDERS?

Psychologist

An expert in perceptual, cognitive, emotional and social processes and behavior that can diagnose and treat a number of mental disorders and can provide psychological counseling.

Psychiatrist

A physician who specializes in mental health and can diagnose and treat mental health disorders, provide psychological counseling, and prescribe medication.

Licensed Professional Counselor

A licensed professional that can provide diagnosis and counseling for a range of concerns including work or home life issues, anxiety, depression, etc.



WHICH WORKS BEST FOR ME?

- Most mental health providers treat a range of conditions, but one with a specialty may be more suited for your needs. For example, if you are having marital problems, you may want to consult a licensed marriage and family therapist.
- Consider whether you need medications, counseling or both. Some mental health providers are not licensed to prescribe medication and focus on strictly on counseling. In some instances, you may need to utilize more than one mental health provider. For example, you may need to see a psychiatrist to manage your medications and a psychologist or counselor for counseling.
- Make sure you review your health insurance coverage and find out what is covered and what is not. Some plans may only cover certain types of mental health providers, medications, etc. Reach out to your HR or IOA Team for more information regarding your plan's coverage.

HOW DO I FIND MY MENTAL HEALTH PROVIDER?



EAP'S AND VIRTUAL VISITS

Check with your HR Team to see if your organization offers an **Employee Assistance Program (EAP)** or other mental health resources. Many EAPs offer telephonic counseling or face-to-face sessions that you can utilize.

REFERRALS

Ask for referrals from your Primary Care Physician. Many doctors get to know others in the same community and area they practice in, so they may be able to provide you with some solid recommendations.

IN-NETWORK BENEFITS

Utilize your medical plan's provider search feature to make sure the provider you are considering is In-Network. You can also ask your benefits contact for a list of covered mental health providers within a certain radius of your zip code.

SAVINGS

If you have a **Health Savings Account (H.S.A.)** or **Flexible Spending Account (F.S.A.)** make sure to provide your card at the beginning of your visit so you can use your pre-tax dollars.

WHAT CAN I DO TO PRIORITIZE MY MENTAL HEALTH?

Like your annual physical with your primary care doctor, a mental health checkup is important to your overall wellbeing. Make sure you take advantage of your health plan and find an in-network provider that works best for you and your needs.

If you have any questions or need any assistance, please reach out to your IOA team and they will be happy to help!

