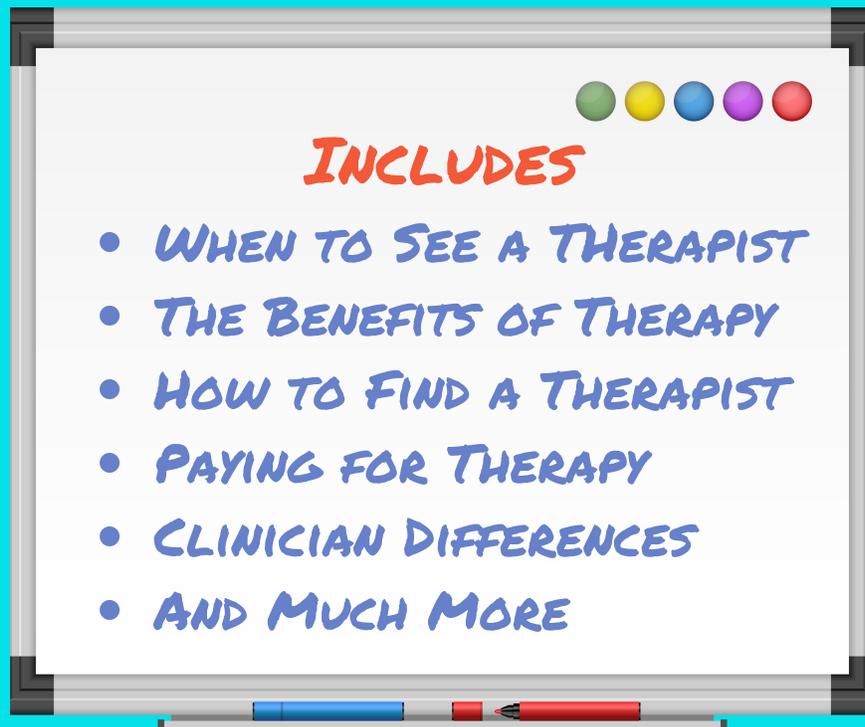


Therapy 101

A Toolkit for Young Adults Who
Want To Start Therapy



NAMI

National Alliance on Mental Illness

Mercer

Serving the New Jersey Capital Area

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Author's Note

This Toolkit was created by Cameron Regner at NAMI MERCER with the hope of explaining the basics of therapy to young adults. Those who are in need of or are seeking therapy for the first time can be confused or intimidated by the process. This Toolkit will help streamline that process by covering everything you need to know about therapy.

Immediate Help

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Having bad thoughts? Just need to talk to someone? There are immediate, private and free 24/7 helplines made to help you

24/7 Helplines Available Anywhere in the Country

NJ Hopeline: 855-654-6735

National Suicide Prevention Lifeline: 800-273-8255

Crisis Textline: Text NAMI to 741741

LGBTQ RESOURCES

Trans Lifeline: 1-877-565-8860

Trevor Project LifeLine (24/7): 1-866-488-7386

Domestic & Sexual Violence Concerns Womanspace of Mercer County

Phone Hotline: 609-394-9000

Texting Hotline: 609-619-1888



Help Without Therapy

Unfortunately, not everyone has access to therapy. There are, however, beneficial activities to improve your mental health. Try these activities as much as you can every single day.

Guided Meditation Videos

YouTube is full of guided meditation videos designed to help ease your mind and to calm you down.

Positive Affirmations

Positive phrases and statements that are repeated out loud, through writing or in your head. Affirmations challenge negative thoughts and encourage positive thinking in your life. Try saying positive things about yourself and your life or looking up positive affirmations online.



Help Without Therapy

Journaling

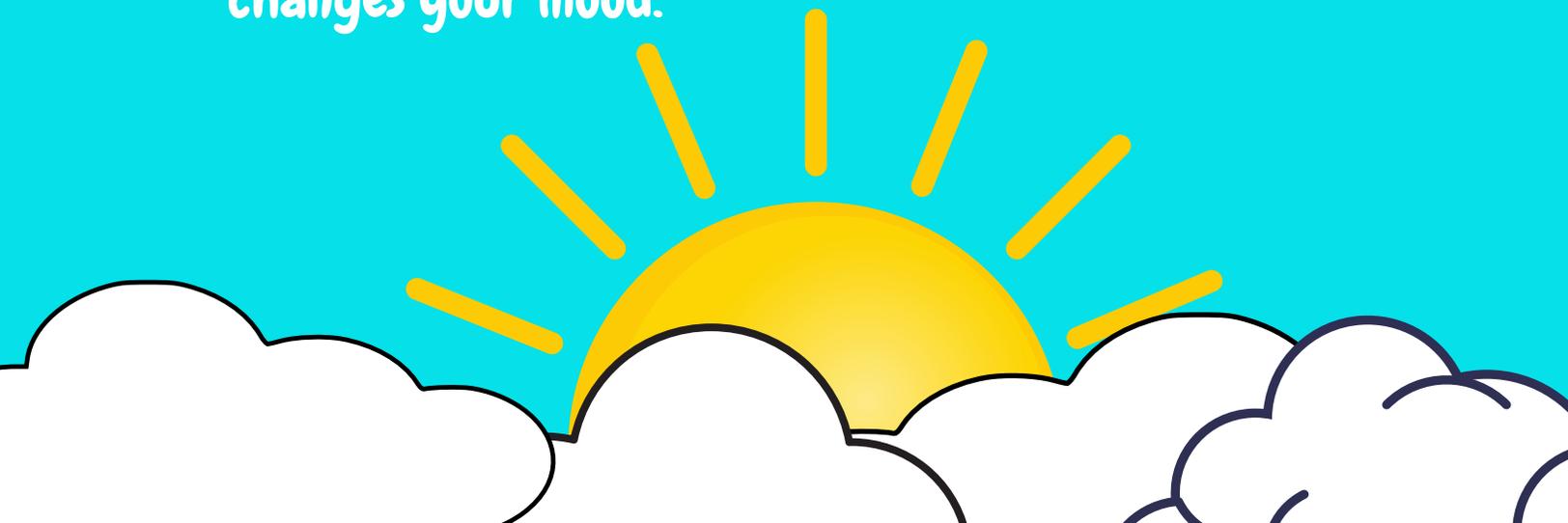
Writing down your thoughts and emotions can serve as a good outlet. It allows you to vent, keep track of your life, and forces you to put your thoughts into words.

Connect with Friends and Family

Sharing your experience's with people that care about you can be very beneficial. It provides you with emotional support and can offer unique advice and different perspectives.

Physical Activity

Being active is great for your physical health and your mental wellbeing. It raises your self esteem, helps you set and achieve goals, and positively changes your mood.



Benefits of Therapy



More Confidence



Feeling Happier



Less Anxiety



Resolve Trauma



Improve Relationships



Relieve Stress



Regain Control of your Life



Handle Situations Better

Therapy is for Everyone

For those considering therapy and for those who aren't, Dr. Emily Anhalt shares her experience as a patient and as a therapist. She offers compelling reasons for why anyone should start therapy.



<https://www.youtube.com/watch?v=eE6Rt-bFkvw>

When to See a Therapist



Feeling consistently stressed, anxious, and depressed



Anger issues



Addiction



Feeling dull, burned out, and not yourself



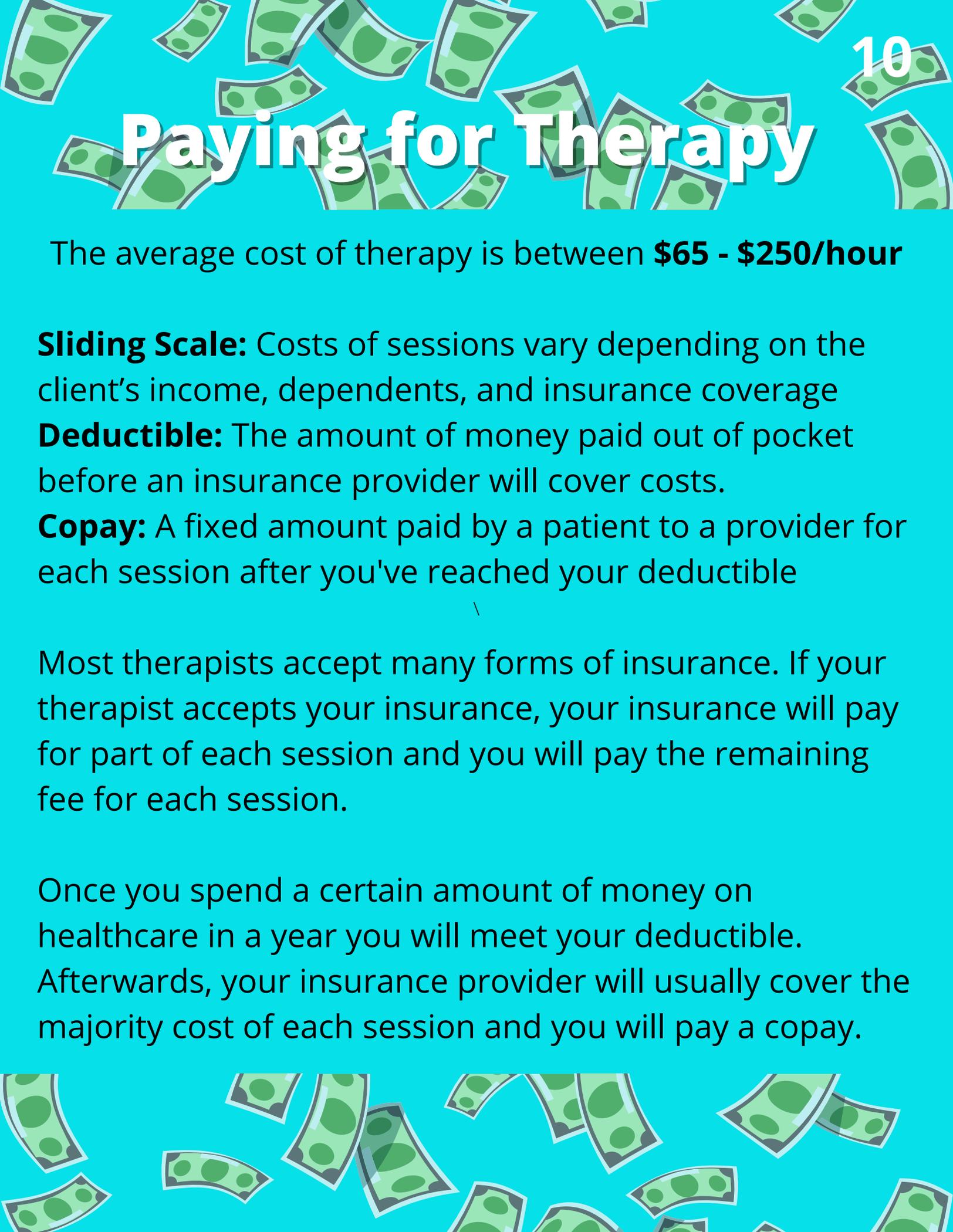
Relationship problems



Need to talk to someone

Other signs you should see a therapist:

- Current coping skills aren't working
- Have problems you can't get through yourself
- Want a private place to vent
- Are feeling overwhelmed



Paying for Therapy

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The average cost of therapy is between **\$65 - \$250/hour**

Sliding Scale: Costs of sessions vary depending on the client's income, dependents, and insurance coverage

Deductible: The amount of money paid out of pocket before an insurance provider will cover costs.

Copay: A fixed amount paid by a patient to a provider for each session after you've reached your deductible

Most therapists accept many forms of insurance. If your therapist accepts your insurance, your insurance will pay for part of each session and you will pay the remaining fee for each session.

Once you spend a certain amount of money on healthcare in a year you will meet your deductible. Afterwards, your insurance provider will usually cover the majority cost of each session and you will pay a copay.

Different Kinds of Clinicians

When finding a therapist right for you, it's important to understand the different kinds of clinicians and their specialties

Licensed Professional Counselor-

Has a degree in counseling and can offer advanced psychological treatment. They are very helpful for everyday therapy. They treat mental health through a variety of techniques. They also have at least a masters degree in their therapy field.

Licensed Clinical Social Worker-

These professionals work in a wide variety of settings to provide emotional support, mental health evaluations, therapy, and case management services. Their clients are people experiencing psychological, emotional, medical, social and/or family challenges. An LCSW has at least a masters in social work and focuses on social welfare, social behavior, and social systems.

Different Kinds of Clinicians

Psychologist-

Has a PHD in psychology (or a subset of psychology) and offers advanced psychological treatment. They help patients cope with life issues and mental health challenges. They also conduct testing for treatment and diagnostic purposes. They are better suited for patients with more advanced symptoms.

Psychiatrist-

A Medical Doctor with psychological training. They help manage long term mental health conditions like bipolar disorder, OCD, severe depression and schizophrenia. They have the ability to prescribe medication, but typically don't engage in talk therapy.

Different Kinds of Clinicians

It's okay to be confused about different kinds of clinicians. You will learn more along your mental health journey.



www.youtube.com/watch?v=dfex5wnWZXI&t=2s

How to Talk to Your Parents

It's important to share with your family what you're going through. It's also important to talk to them if you're under their insurance.

How you talk to them and how much you say is completely up to you!

Hey mom and or dad, (insert problem) has really been upsetting me recently and I think speaking with a professional would be very helpful

Hey Mom and or Dad, I am very stressed out over (insert problem), I would like to seek professional counseling to help me feel better

★ If your parent's aren't able to pay for you, you can still receive therapy under their insurance and pay for it yourself.

How to Talk to Your Parents

If you are uncomfortable sharing your problems that's okay! Being vague and simple is perfectly fine!

I'm sorry but I feel uncomfortable talking about my problems with friends and family

Hey mom and or dad, I have been feeling very stressed out recently. I would like to talk to a therapist

I've had trouble dealing with my problems myself, a therapist would be really helpful

How to Find a Therapist

The best way to find a therapist who accepts your insurance is through your insurance provider's website.

- 1. Go to your insurance website**
- 2. Log into your parents' or your account**
- 3. Navigate to Find Care/Find a Doctor**
- 4. Enter the geographic area where you would like to find care**
- 5. Search for a provider based on your preference "Licensed Professional Counselor", "Psychologist" etc.**
- 6. Adjust the filters to best suit your needs**
- 7. Begin calling and emailing providers!**



How to Find a Therapist

Psychology Today

A great online resource to help you find a clinician who is right for you.

You can filter based on many factors!

- Issues
- Price
- Gender
- Sexuality
- Ethnicity
- Religion
- Language
- Insurance

1. Go to [PsychologyToday.com](https://www.psychologytoday.com)
2. Filter by your clinician preference
3. Search by your city & state
4. Add additional filters per your needs (price, insurance, issues etc)
5. Begin calling and emailing providers!



Don't Lose Hope!

Finding a Therapist may prove difficult

It might take time

You might have to call multiple
therapists

You might become discouraged

But you will find a therapist to help you

And your future self will thank you

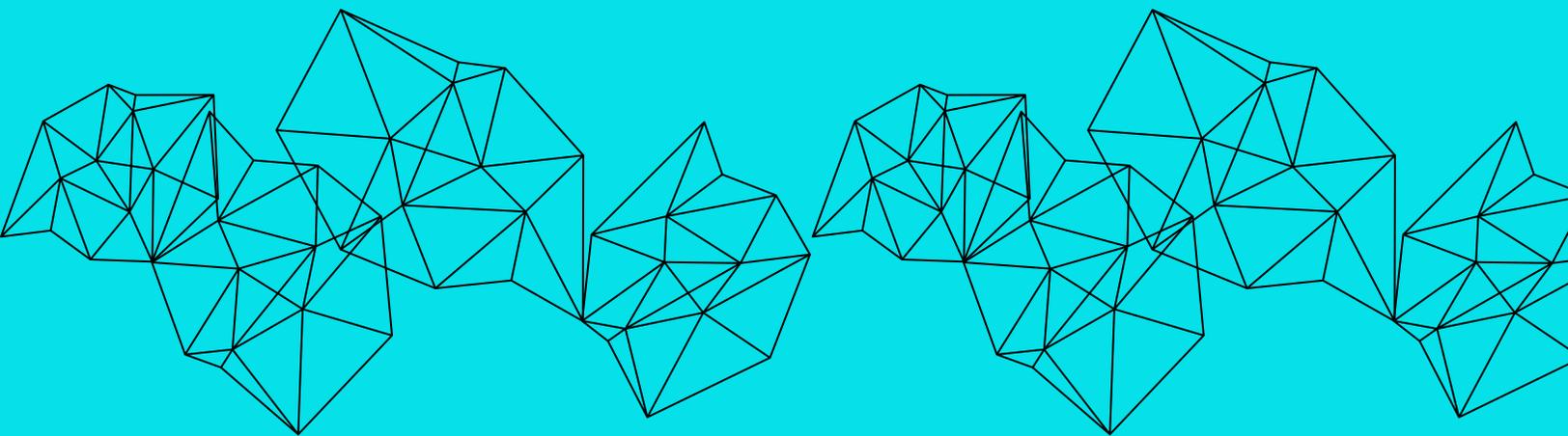


Telehealth

Due to the pandemic, many providers have switched to online only sessions using a website called Telehealth

What is Telehealth?

Allows virtual patient client interaction. It has a similar format to zoom and primarily consists of one on one interactions. A therapy provider will email a link to the client, simply clicking the link allows you to join the meeting.



Your First Session

Starting your first session might be intimidating, but there are things to keep in mind to make the process easier

Before Your First Session

Set a List of Goals- Setting clear goals for therapy can make your first session easier for you and your therapist. Think about what you want from therapy and your reasons for starting. **There is nothing wrong with not knowing your goals! Therapy can help you make them!**

Make a List of Topics to Cover- Having a list allows you to go into your first session focused on your issues and prepared.

Manage Your Expectations- Your first session is an introduction and will cover various things: insurance, paperwork, therapy process, confidentiality, and more. Each session will build on the previous ones.



Your First Session

Before Your First Session

Congratulate Yourself- It's not easy to seek out mental health help. Many people have difficulty coming this far, but you did it, that is important to celebrate.

During Your First Session

Opening Up- Talking about your problems might be difficult, but it's what you're there for. As time goes on you will become more comfortable with your therapist and be able to share easier.

Be Honest- Being honest is crucial to get the most out of therapy. Remember that everything is confidential and your therapist is there to help you, not to judge you.

Ask Questions- There are no wrong questions in therapy. Ask your therapist anything that you would like clarified: insurance, scheduling, billing, their experience, personality, strategies, or anything else.

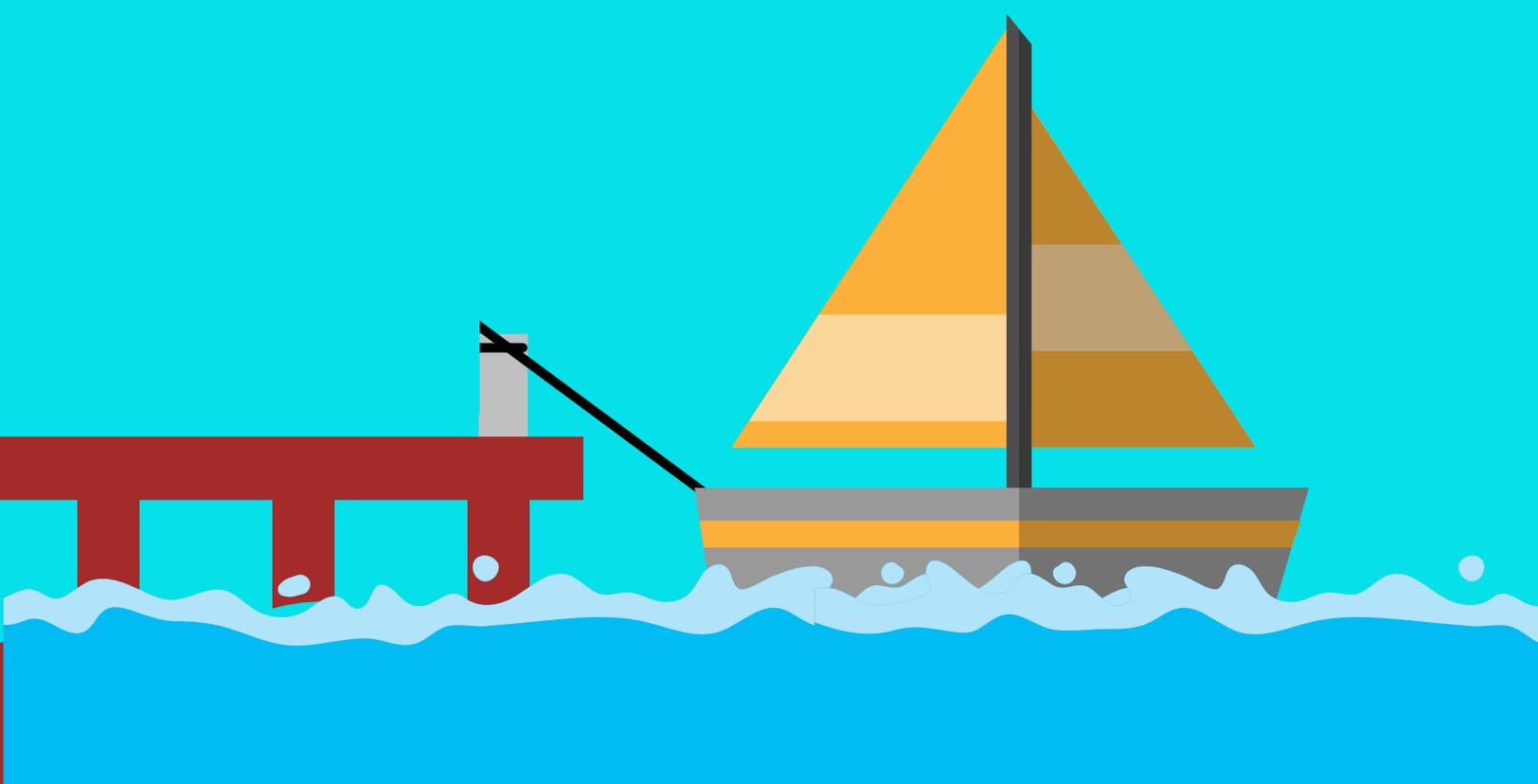


Finding the Right Fit

Your therapist is important. You are there to improve your life so don't stick with the wrong therapist. There are many different factors and elements to consider.

Personality- Would their personality be helpful to me?

Professionalism- Do they conduct themselves appropriately? Do they talk about themselves too much? Are they judgmental? Are they overly emotional? Are they confrontational?



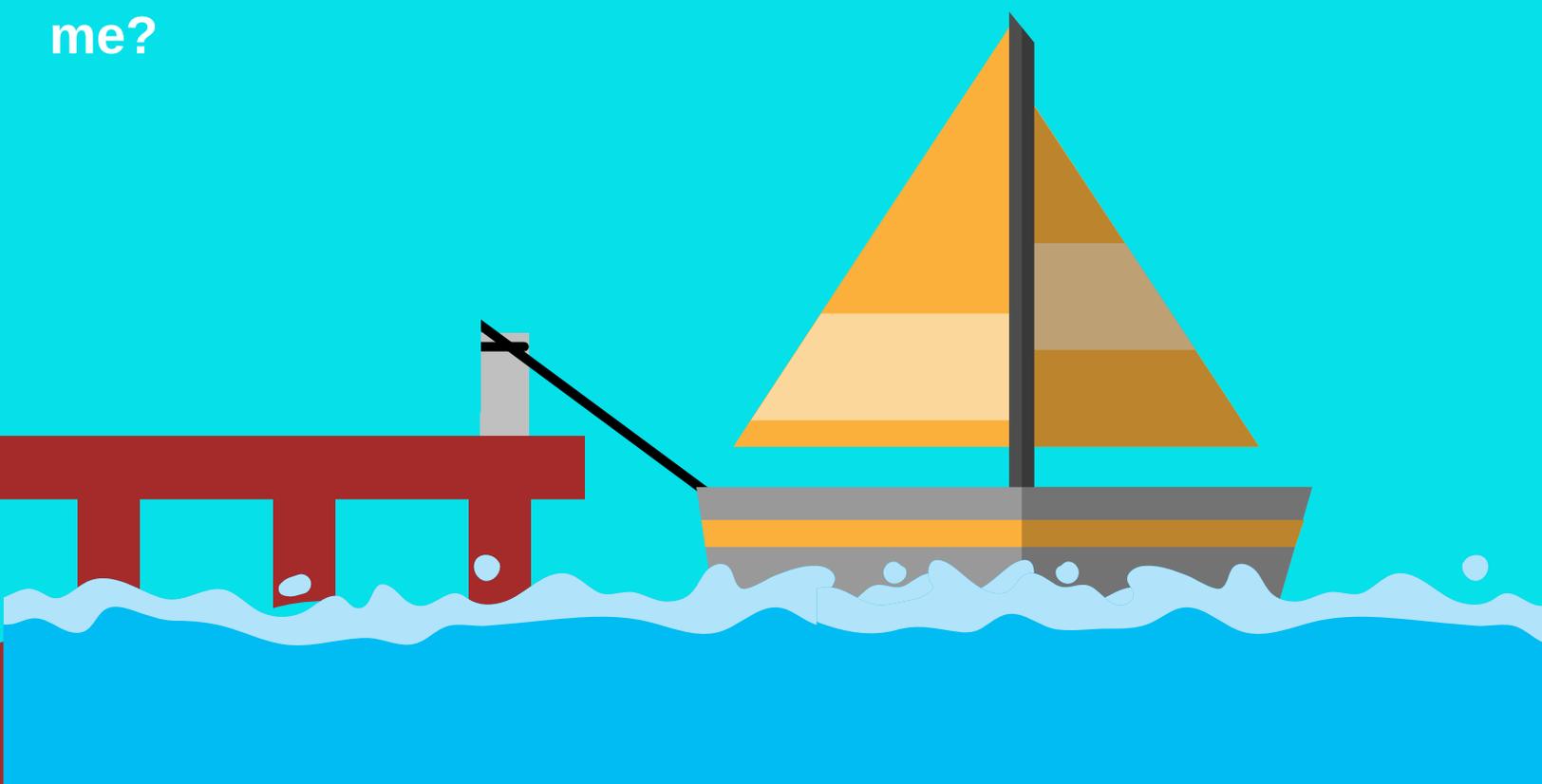
Finding the Right Fit

Affordability- Am I able to afford this therapist without experiencing financial difficulties?

Accessibility- Does their schedule align with mine? Am I receiving the amount of treatment and sessions that I need?

Specialization- Do they specialize in issues that are relevant to me?

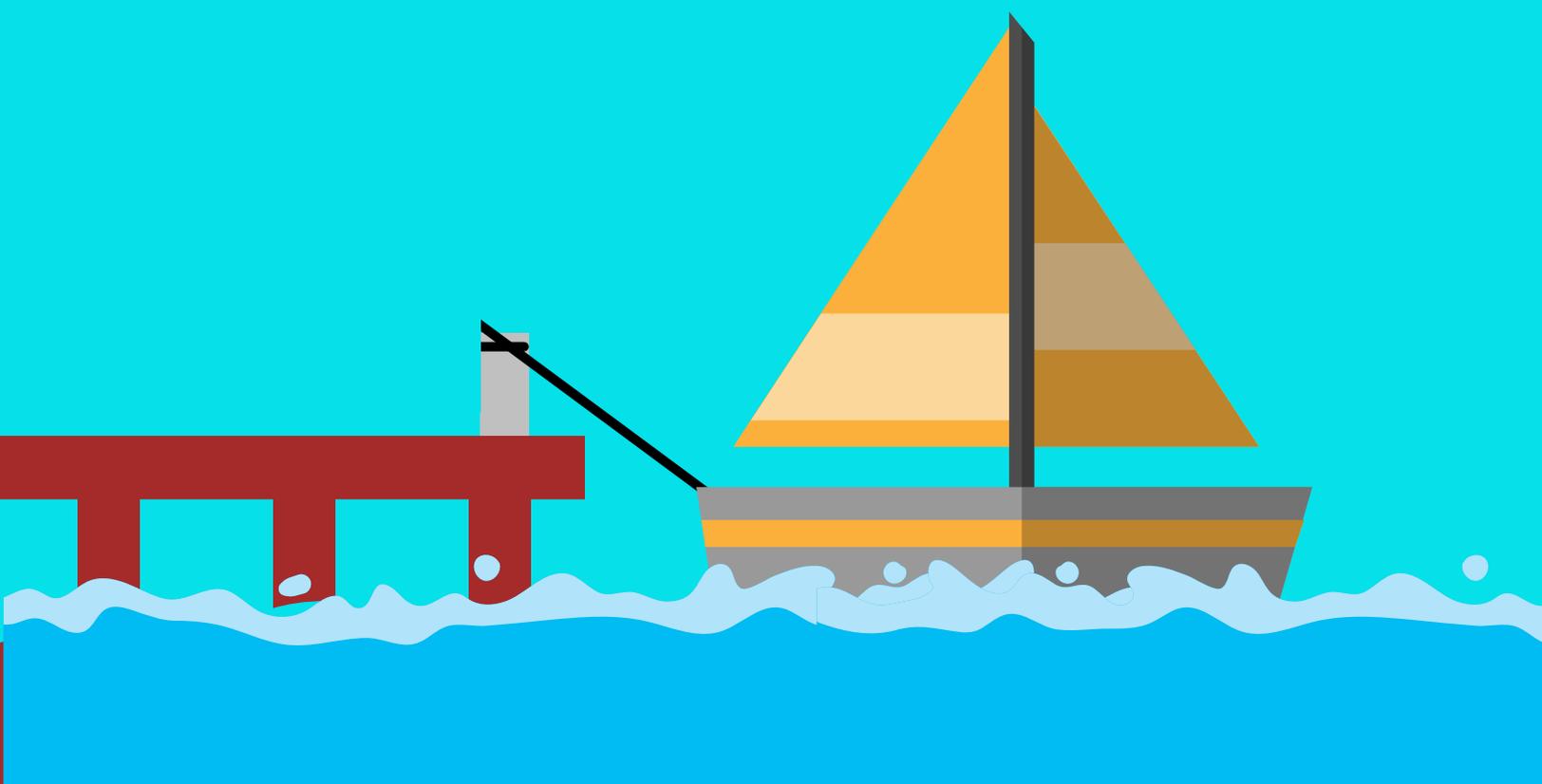
Methods- Do their methods of help benefit and work for me?

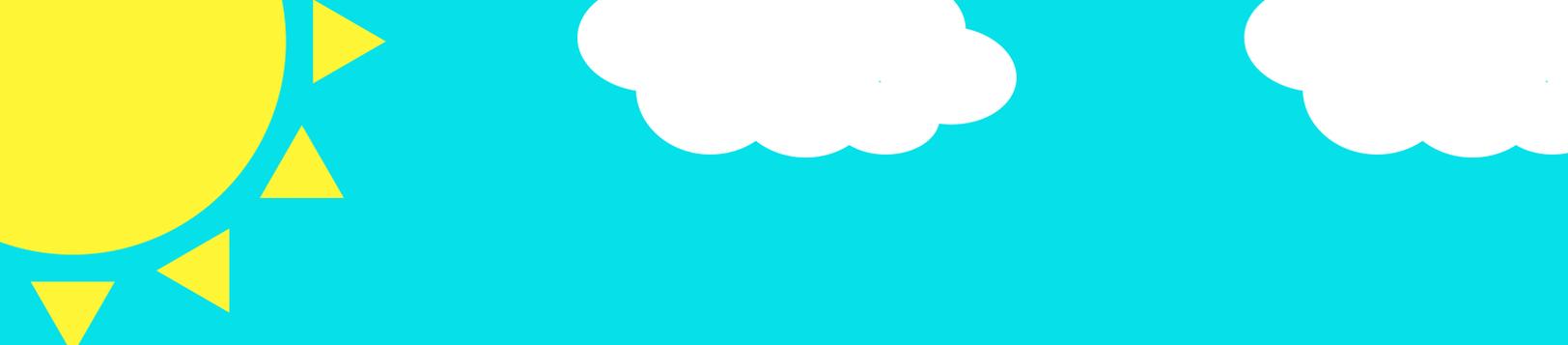


Finding the Right Fit

Do they get me- Does my therapist understand me and my problems?

These questions may help you, but no one can decide if a therapist is a good fit except for you. A good comparison is dating: you need to find someone you're compatible with. Make sure you attend more than one session before deciding; your opinion of someone can change after you spend more time with them.





Conclusion

Therapy is a great resource for you to take back your life. Hopefully this toolkit makes the process easier. Everyone's mental health journey is different, so don't be discouraged if yours takes longer than others. Believing in yourself and taking steps to improve your mental health are what's important.

Everyone deserves to be happy, including you. I wholeheartedly believe in you and I can definitely say that you deserve to be happy. Good luck in therapy and on your mental health journey. Whether you decide to go to therapy or not, reading this shows you care about yourself and your mental health. That truly is a great thing, be proud of that.



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