



TAKING CARE OF YOU

Finding a Black Therapist

may be an important part of finding the right therapist for you. Telling White therapists about instances of discrimination or about your culture can be intimidating and frustrating. But you may be asking, where can you find a Black therapist? Will it cost too much?

Finding Black therapists within budget can be difficult, so here are some resources and tips to make it easier.

Therapist Directories

- Therapy for Black Girls
- Zencare
- Ayana Therapy
- BEAM's Virtual Therapist Network
- Open Path Collective
- Psychology Today

Also, ask your insurance for a list of therapists they cover!



Tips for finding a Black Therapist

- 1. Start with your insurance!** Ask your insurance for a list of “in-network” mental health providers. They’ll send you every therapist that takes your insurance!
- 2. Plan your budget.** With or without insurance, knowing the therapist’s fees is important. If you’re not sure what they are, ask! Know what you can pay and what insurance will cover.
- 3. Read therapist’s biographies.** Many professionals will say what kinds of therapy they do and topics they specialize in (eg. racial trauma). Find one who suits your needs.
- 4. Determine your preferred method of visits.** Would you rather go in-person or stay at home? Does the therapist offer tele-health appointments? Is their office close to you?
- 5. Does it feel right?** If you don’t like the therapist, that’s okay! Finding a therapist is a deeply personal choice. You should feel comfortable and safe with your therapist.

Resources

- <https://www.thehealthy.com/mental-health/how-to-find-black-therapist>
- <https://www.essence.com/lifestyle/health-wellness/imade-borha-how-to-find-black-therapist>
- <https://www.psychologytoday.com/us/therapists/african-american>



Director of The EMPOWER Lab, Dr. Isha Metzger, has a PhD in Clinical-Community Psychology, and she is a Licensed Clinical Psychologist. If you need additional support in finding a Black therapist or have any questions, send an email to TheEMPOWERLab@gmail.com.