



MY GRIEF *Connection*

mygriefconnection.org

Finding the Right Grief Counselor

- Ask trusted friends or healthcare providers for recommendations and referrals.
- Contact the HR department at your work and ask if there is an Employee Assistance Program (EAP) available to you. Your EAP is voluntary and offers free, confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or job-related problems or stress. EAPs usually cover at least 5 free counseling sessions per incident, per year. You can search the EAP directory to locate a counselor that fits your needs.
- Search professional online counseling and therapy services and directories for recommendations. See list attached for links to several of those.
- Check out a potential therapist or counselor's website and/or Facebook page to get a feel for who they are and what services they offer, then give them a phone call to chat and ask questions.
- Ask them about their style and what types of counseling and/or conditions they specialize in.
- Briefly tell them about you, your loss, and what you are looking for in a counselor.
- Consider asking them if they can do a consultation visit. The best way to assess if you are a good match with each other is to meet in person, if possible.
- Be sure to discuss their fees & insurance coverage, before you begin, so you both are clear on payment expectations and no-show for cancellation fees.
- If you are struggling financially ask them if they have a fee sliding-scale or look for a practice that offers counseling from Master's student interns in training at a discounted rate.
- Make the first appointment with your counselor.
- Show up a few minutes early for your appointment, as there may be paperwork to fill out.
- It is a good idea to see them 2-3 times before determining if they are the right fit.



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American Counseling Association

The American Counseling Association is the world's largest organization representing professional counselors in various practice settings. Check out their "Find a Counselor" page for information on how to find a counselor to fit your needs and location.

<https://www.counseling.org/>

Ayana Therapy

Online therapy for marginalized & intersectional communities. Calls, video calls, texting . Ayana strives to address the strong lack of engagement between minorities and the mental health care industry which arises as a result of cost, stigma, and lack of cultural competency. They achieve this by matching users with licensed professionals that share their unique traits, values, and sensibilities.

<https://www.facebook.com/ayanatherapy/>

<https://www.ayanatherapy.com/>

Being Seen: Therapist Directory

Being Seen connects clients with psychotherapists, social workers and psychologists.

<https://www.facebook.com/BeingSeen.Org>

<https://beingseen.org/>

BetterHelp

Better Help provides affordable, private online counseling with a licensed, professional therapist online.

<https://www.facebook.com/BetterHelp/>

<https://www.betterhelp.com>

Black Therapist Network

The BTN is a directory of black, African American, Latino, Multicultural Mental Health Therapists and Caribbean Therapists. Find professional counselors, Psychiatrists, Psychologists, Addictions Counselors and Nurse Practitioners.

<https://blacktherapistnetwork.com/>



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Faithful Counseling

Professional, affordable mental health counseling from a biblical perspective. Available anytime, anywhere. Speak with a christian licensed therapist online. Counselors available 24/7. www.faithfulcounseling.com

Good Therapy

Research ethical, healthy therapy and find the right therapist, counselor, psychologist, marriage counselor, or mental health professional with Good Therapy. <https://www.goodtherapy.org/>

Grief Resource Network

The GRN has a directory of grief resources and services including counselors. Search by zip code for listings in your area. <https://www.griefresourcenetwork.com/services/>

Latinx Therapy

Demystifying mental health stigmas in the Latinx community one diagnosis, one myth, one conversation at a time. <https://www.facebook.com/latinxtherapy/>
<https://latinxtherapy.com/>

My Grief Connection

MGC is a hub of grief resources and a growing community of support for griever's including grief support groups, courses, coaches, therapists, counselors, events, crisis help and more. <https://www.mygriefconnection.org/>
<https://www.mygriefconnection.org/griefservices.html>

Open Path Collective

Open Path Psychotherapy Collective is a non-profit nationwide network of mental health professionals dedicated to providing in-office mental health care—at a steeply reduced rate—to individuals, couples, children, and families in need. OPP serves clients who lack health insurance or whose health insurance doesn't provide adequate mental health benefits. <https://www.facebook.com/OpenPathCollective>
<https://openpathcollective.org/>



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Online Counseling Directory

The Online Counseling Directory is an international directory that provides a platform that connects people with therapists all over the world.

<https://www.onlinecounselling.com/>

Psychology Today Grief Therapist Directory

If you're looking for help with these, professionals include therapists, psychologists, counselors and psychotherapists that provide grief counseling and grief support.

<https://www.psychologytoday.com/us/therapists/grief>

Talkspace Online Therapy

With Talkspace online therapy, anyone can get therapy without traveling to an office - and for significantly less money than traditional therapy with a licensed therapist. You can get \$65 off your first month of Talkspace therapy by using the code APPLY65. (Not an affiliate)

<https://www.facebook.com/Talkspacetherapy/>

<https://www.talkspace.com/>

TeenCounseling

TeenCounseling is an online platform where teens from ages 13-19 can get help from a licensed therapist online. They make affordable, discreet, professional counseling available through a computer, tablet, or smartphone. All teens can benefit from having a professional counselor at their fingertips to discuss issues such as coping skills, anxiety, stress, self-esteem, depression, bullying, anger, eating disorders or any other mental challenges.

<https://www.facebook.com/teencounselingonline/>

<https://www.teencounseling.com/>

Therathrive

Therathrive is a network of licensed and professional clinical counselors, therapists, and psychologists who strive to make mental health care safe, affordable, and accessible. They work in communities to raise mental health awareness, lower stigma, and help educate people in all things mental health.

<https://www.theravive.com/>



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Trusst

The Trusst therapy app offers therapists with specialty experience in a broad range of categories, including anxiety, depression, stress, anger management, eating disorders, relationship counseling, and substance abuse. Trusst costs substantially less than most traditional therapies. Cancel at any time with no long-term commitment.

<https://www.facebook.com/trussttherapy>

<https://trusst.app/>

Disclaimer: My Grief Connection does not claim to pre-screen clients or counselors. Each patient must do their own research on counselors and therapists and make sure that they are an appropriate fit. Counselors and therapists must also screen every potential client to make sure they will also be an appropriate fit. My Grief Connection is not responsible for the actions of clients or counselors/ therapists. This list is designed for informational purposes only. Nothing here is to be construed as providing medical or psychological advice, diagnosis, opinion, or treatment, nor as a substitute for medical or professional care. My Grief Connection is not liable or responsible for any course of treatment, advice, services or information provided or obtained through this site or the practitioners listed. Dependence on the information contained on this website is solely at your own risk and discretion.