Do I feel comfortable, connected, and cared for when talking to your provider?
Are my values and cultural background respected?
Is the person assertive and/or empathetic enough for me?
Does the provider warmly challenge me when my beliefs and/or behaviors interfere with my well-being?
Do I feel I will be able to trust my provider?
Does the provider behave in a professional manner?
Was I able to set some therapy goals?

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Having Referral Difficulties?

There are times referrals do not work out. For example, students may have problems understanding their insurance information or may not feel connected with their provider.

- Contact Wydia Houston, CAPS Referral Coordinator
- Check out The Shrink Space for support finding a therapist

* A provider may include a therapist/counselor, psychiatrist, nurse practitioner, or any other treatment professional