

After the Referral



Students often feel anxious when meeting their provider for the first few times. It may take 2-3 sessions to know if a student can work and feel connected with a someone. It is also okay if a provider does not feel like the best match. Students may need to meet with different providers until they find someone who feels like a good fit for them.

Ask Yourself The Following Questions:

- 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?

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