

# During the Referral

## Finding a Provider

- Students can see one provider at a time to decide if they feel connected before calling another provider. Students can also meet with all the recommended providers to see which one is the best fit for them.
- When calling the provider(s) for the first time, students should ask the following questions:
  - Do you have a few minutes to talk about the services you provide?
  - Do you still take my particular insurance policy?
  - Are you seeing new clients for the services I need (therapy, medication, or therapy and medication) and when is your first available appointment?
  - What is your therapy style/approach?
  - How long are your sessions?
  - How much do I pay per session and when do you want these payments?
  - How can I contact you if I have an emergency?



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