

CHOOSING A MENTAL HEALTH PROVIDER

Considerations:

- Provider's specialization
- Provider's credentials: LPC, MS, PsyD, PhD, etc.
- Provider's approach: Behavioral, cognitive, etc.
- Insurance accepted
- Convenience:
 - Office Location
 - Teletherapy
- Personal preference:
 - Provider's gender
 - Provider's worldview: Religious, spiritual, etc.

Find a Provider:

- Employee Assistance Program (EAP) and AR-Connect provide free screenings and referrals
 - EAP: 501-686-2588 or eapcounseling@uams.edu
 - AR-Connect: 501-526-3563 or arconnect@uams.edu
- Or visit: <https://locator.apa.org/>