

FINDING A THERAPIST CHEATSHEET

visit [TAIF.org](https://www.taif.org) or [Grooby.com](https://www.grooby.com) for more information

ONLINE THERAPY

[Talkspace.com](https://www.talkspace.com)

[BetterHelp.com](https://www.betterhelp.com)

THERAPIST DIRECTORIES

- [PsychologyToday.com](https://www.psychologytoday.com)
- [GoodTherapy.com](https://www.goodtherapy.com)
- [NQTTCN.com](https://www.nqttn.com) (National Queer + Trans Therapists of Color Network)
- [GLMA.org](https://www.glma.org) (Health Professionals Advancing LGBTQ Equality)
- [LALGBTCenter.com](https://www.lalgbtcenter.com) (California)
- [OpenPathCollective.org](https://www.openpathcollective.org)
- [NCSFreedom.org](https://www.ncsfreedom.org) (National Coalition for Sexual Freedom)
- [TherapyDen.com](https://www.therapyden.com)

GENERAL SEARCH TIPS

- Your search can be filtered by insurance type. If you don't have insurance, you can also ask if the therapist offers sliding scale options.
- Look for therapists who offer LGBTQIA+ affirmative care, are kink-friendly, or list themselves as sex-positive/sex-affirming. These parameters don't guarantee they are sex worker affirming, but they may have experience and openness to learning about sex work.
- [PsychologyToday.com](https://www.psychologytoday.com) Tip: Therapists will list communities they work with in their profile. This also gives a good idea of their competency/experience in certain areas.
- The therapist's online profile will generally include a bio and a listing of their treatment approach (e.g. feminist, culturally sensitive, multicultural, etc). This can give you an idea of their professional personality, approach, etc.

PROFESSIONAL RESOURCES FOR IMMEDIATE/CRISIS CARE

- Suicide Prevention Lifeline (1-800-273-8255) | [SuicidePreventionLifeline.org](https://www.suicidepreventionlifeline.org)
- The Trevor Project (1-866-488-7386) | [TheTrevorProject.org](https://www.thetrevorproject.org)
- Trans Lifeline (877-565-8860) | [Translifeline.org](https://www.translifeline.org)
- National Alliance on Mental Illness (1-800-950-NAMI), text "NAMI" to 741741 | [Nami.org](https://www.nami.org)
- Your nearest hospital (call to confirm they offer mental health support. If they don't, they should be able to refer out to a nearby facilities)
- Call 911.

Remember: you have the right to make empowered choices about your mental health.