

Choosing a Counselor or Therapist for Your Child

When you're looking for a counselor or therapist for your child, you may wonder how you'll know whether they'll be the right fit.

And you may have questions about how to get started.

There are many different ways to find the help you need for your child. So choose the path that works best for you and your family.

Here are three ideas that may help you with your search.

One: Ask people you know for suggestions. Reach out to a trusted friend, another parent, or your family doctor. And your child's school might have a counselor you could talk to for recommendations. Keep in mind there are many different ways to get help, including telehealth. And you may be able to find reduced-cost counseling services at a community center, through a place of worship, or through your workplace.

Two: If you have the time, it can help to talk to potential counselors or therapists and ask a few questions before making a decision.

You can ask to speak to them directly, or send them an email. You may also be able to speak to their receptionist. Ask about the therapist's training, their experience in treating the issue you're facing, and what to expect during the sessions.

Three: Check out some online resources for more support and advice on finding a therapist or counselor. Some resources you can trust include the National Alliance on Mental Illness and the Canadian Mental Health Association.

It might take some time to find the right fit for your family. If your first choice doesn't feel right, remember you can always look for another option. And you can keep looking until you find the best fit.

It's not always easy to find mental health care, but there are resources out there to support you and your child. Remember that you're doing your best and that the right help *is* out there.