**Questions to ask/consider when seeking treatment**:

* Are you a licensed psychologist/therapist/counselor/social worker in this state?
* How many years have you been in practice?
* How much experience do you have working with people who are dealing with (insert topic you want to work on)?
* What do you consider to be your specialty or area of expertise?
* What kinds of treatments have you found effective in resolving [the topic you’d like to resolve]?
* Which insurances do you accept?
* Will I need to pay you directly and then seek reimbursement from my insurance company, or do you bill the insurance company?
* Are you part of my insurance network?
* Do you accept Medicare or Medicaid?
* If I need medication, can you prescribe it or recommend someone who does?
* Do you provide access to telehealth services?
* How soon can I expect to start feeling better?
* What do we do if our treatment plan isn’t working?
* How often do you need to meet with me?
* What hours do you have available?
* What is your cultural competence in working with (insert group/population)?
* Any other questions you may have – ASK!!