

Find a Therapist Resources

HabitWorks does not evaluate nor endorse the background, training, affirmativeness, or skill of anyone included in these directories

Black Providers

- **BEAM (Black Emotional and Mental Health Collective)** provides an online search engine for Black mental health providers: <https://wellness.beam.community/>
- **Boris Lawrence Henson Foundations** provides a directory of mental health providers and programs serving the African American Community: <https://borislhensonfoundation.org/resource-guide/>
- **Therapy for Black Girls** provides an online search engine for therapists for Black women: <https://providers.therapyforblackgirls.com/>
- **The Loveland Foundation** offers financial assistance for black women and girls seeking therapy: <https://thelovelandfoundation.org/>
- **Therapy for Black Men** provides online search engine for therapists for Black men: <https://therapyforblackmen.org/>
- **InnoPsych** provides an online search engine for therapists of color: <https://www.innopsych.com/>

Hispanic/Latino/a/x Providers

- **Therapy for Latinx** provides a search engine of Latine and Hispanic therapists: <https://www.therapyforlatinx.com/>
- **LatinX Therapists and Speakers** is a search engine of Latine and Hispanic therapists: <https://latinxtherapy.com/>
- **American Society of Hispanic Psychiatry** provides a list of psychologists and psychiatrists by state that are members of their association: <https://www.americansocietyhispanicpsychiatry.com/find-a-physician/>

Asian American Providers

- **South Asian Therapists** has a directory <https://southasiantherapists.org/find-a-therapist/>
- **Asian American Psychological Association (AAPA)** has a directory of culturally aware providers who are prepared to meet the needs of Asian Americans: <https://directory.aapaonline.org/>
- **Asian Mental Health Collective (AMHC)** provides a search engine of Asian therapists: <https://www.asianmhc.org/>
- **Asians for Mental Health (AMH)** provides a directory of Asian/Pacific Islander therapists: <https://asiansformentalhealth.com/>

- **South Asian Mental Health Initiative Network (SAMHIN)** provides a directory of mental health providers who have registered with SAMHIN: <https://samhin.org/provider-directory/>
- **National Asian American Pacific Islander Mental Health Association (NAAPIMHA)** provides a list by state of mental health/behavioral service providers for Asian Americans, Native Hawaiians, and Pacific Islanders: <https://www.naapimha.org/aanhpi-service-providers>

Disability Providers

- **Therapy 4 the People** has an article that helps people with disabilities identify the right mental health care provider for them: <https://therapy4thepeople.org/how-to-find-the-right-therapist-if-you-have-a-disability/>
- **The Autism Society** has a National Helpline that can help you get connected with the right provider for you: <https://autismsociety.org/contact-us/>

LGBTQIA+ Providers

- **Mental Health America** provides a guide on how to find LGBTQ friendly therapy: <https://screening.mhanational.org/content/how-do-i-find-lgbtq-friendly-therapy/>
- **American Association of Sexuality Educators, Counselors, and Therapists** provides a referral directory <https://www.aasect.org/referral-directory>
- **Gay & Lesbian Medical Association (GLMA)** provides a LGBTQ+ Healthcare Directory: <http://www.glma.org/index.cfm?fuseaction=Page.ViewPage&PageID=939>
- **National Queer and Trans Therapists of Color Network** provides a directory: <https://nqttcn.com/en/mental-health-directory/>
- **Gay, Lesbian, Bisexual, Transgender (GLBT) Near Me** has a large directory of resources including providers: <https://www.glbtnearme.org/>
- **GAYLESTA The Psychotherapist Association for Gender and Sexual Diversity** has a find-a-therapist search engine: <https://directory.gaylesta.org/find-a-therapist/?user=find-a-therapist>
- **Pride Counseling** offers online therapy to members of the LGBTQ+ communities. <https://www.pridecounseling.com/get-started/>

*This document is not exhaustive. If you know of a resource or organization that you think should be added to this list, please email us at cbeard@mclean.harvard.edu