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[Home](#) > [Seeking Support](#)

[Seeking Support](#) ^[1]

Week of:
Dec 13, 2019

[How to find a therapist](#) ^[2]

Dear Alice,

I am trying to find a therapist. I have to go in-network for my health insurance to cover it, so I have this long list of therapists, but I don't know anything about them. Do you have any suggestions as to how to go about choosing one and/or questions to ask? Is there a "Go Ask Alice!" answer I could read for this info? I found my last therapist through the recommendation of a colleague at work and another through my school's counseling service. Now I need to spread my wings and find a professional therapist on my own! Yikes!

Thanks for any help you can give me!!!!!!!!!!!!

[Read more](#) ^[2]

[Concerned about confidential counseling](#) ^[3]

Dear Alice,

I go to a college that offers free counseling to students. While I would like to take advantage of this, I feel that my pride is getting in the way of getting any help that I may need. I'm afraid of someone seeing me walk into the office, and someone seeing me in the waiting room of the office as well. (The door is left open). Any ideas on how I go about this? I'm also worried because a guy I know and work with, also works in there. He is the obnoxious, jock-type and going in there while he is working, is a concern of mine — also, if he sees that I have an appointment.

[Read more](#) ^[3]

[Finding low-cost counseling](#) ^[4]

Alice,

For a long time, I have managed to persevere through some really messed up situations with family, friends, and life without seeing a counselor. It is not that I hold a negative opinion of counseling; it is that I can't afford it. I've hung tough; I'm a little proud of that. I've survived.

I am a recent college graduate relocating to a new city. I would like to seek counseling when there to work through a lot of these issues, but I frankly do not see how I would be able to afford it. Would you have any recommendation as to where I (or anyone in general who might have this problem) could locate free or low-cost counseling?

Also, while I understand many jobs include counseling as part of a health plan, this may or may not be an option for me (and others), so I would appreciate any alternatives to what you might suggest. Thank you for providing such a service to the Internet at large. You're really a godsend.

Signed,
A Bit Tired of Going It Alone

[Read more](#) ^[4]

Types of therapists ^[5]

Dear Alice,

I'm thinking about seeking therapy for my anxiety and I was wondering if you could talk about the different types of therapists out there. I know the difference between psychologists and psychiatrists is a psychologist didn't go through med-school and so can't prescribe drugs, but what about cognitive-behavior therapists versus... well, whatever else is out there?

Thanks!
Thinkin' about Therapy

[Read more](#) ^[5]

My friend needs counseling ^[6]

Dear Alice!

I have a close friend who has a number of rather difficult issues. One of the most important is a long history of abuse (largely psychological) from her mother during her childhood. (She is now 19.) It is incredibly difficult to talk to her about any of these things. I would like her to see Psych Services, but I am worried about the fact that there are only a limited number of sessions available — that is actually one of the reasons she has offered to me as to why it would be a waste of time to go.

Unfortunately, the only medical coverage she has is through her mother's medical insurance, she has no real money outside of her parent's control — it would be extremely difficult for her to pay for counseling, in other words, without alerting her parents.

What can she do? What can I do?

[Read more](#) ^[6]

Footer menu

- ▼ [Contact Alice!](#)
 - [Content Use](#)
 - [Media Inquiries](#)
 - [Comments & Corrections](#)
- ▼ [Syndication & Licensing](#)
 - [Licensing Q&As](#)
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 - [Full Site Syndication](#)
 - [Link to Go Ask Alice!](#)

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Links

- [1] <https://goaskalice.columbia.edu/theme-week/seeking-support>
- [2] <https://goaskalice.columbia.edu/answered-questions/how-find-therapist>
- [3] <https://goaskalice.columbia.edu/answered-questions/concerned-about-confidential-counseling-0>
- [4] <https://goaskalice.columbia.edu/answered-questions/finding-low-cost-counseling-1>
- [5] <https://goaskalice.columbia.edu/answered-questions/types-therapists-1>
- [6] <https://goaskalice.columbia.edu/answered-questions/my-friend-needs-counseling-0>