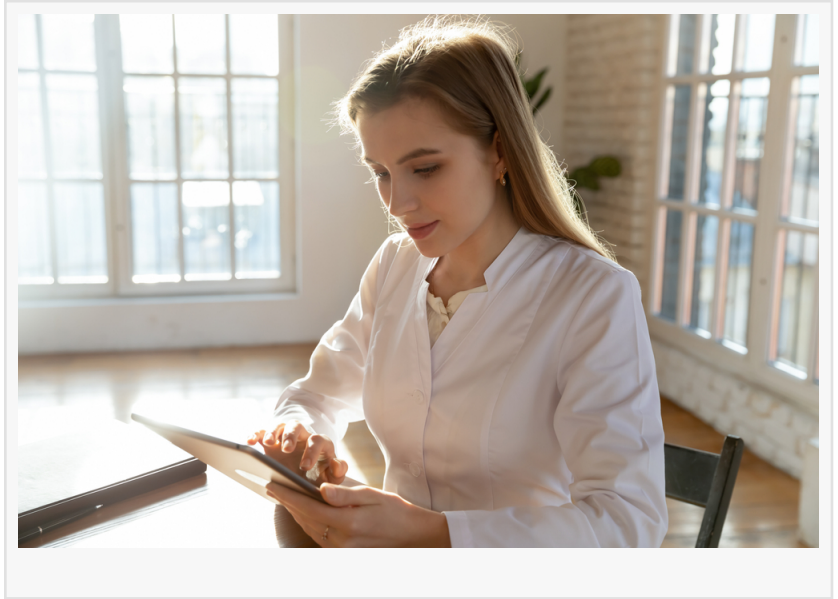


Ravel Mental Health Releases Guide on Qualities to Consider When Looking for a Therapist

RENO, NEVADA, UNITED STATES, May 3, 2022 /EINPresswire.com/ -- Ravel Mental Health has released a guide on [qualities people should consider](#) when looking for a therapist. Many people know they can search online for counselors in their area but may be overwhelmed and unsure what to look for.

Many people are undecided about seeing a therapist, and it takes courage to open up about problems they may be facing. Most people wait until they're in their 20s to seek help for mental health conditions or life situations they may be facing.



Understanding specific qualities in a therapist can help prevent a mismatch. Some people may know what they want from a therapist if they've done many sessions. However, first-time therapy seekers struggle to know what factors are important when finding a therapist that is right for them.

The following qualities should be considered when looking for a therapist to meet their needs. However, they will require the person to thoroughly think about their own needs and match that to the guide of qualities to consider.

1. **Certifications:** Search for a qualified therapist in the specific niche of mental health that the person needs.
2. **Modality:** Consider the method of therapy they would like to receive (i.e., teletherapy, in-person therapy, couples therapy)
3. **Specialties:** Look for a therapist specializing in a niche if the person knows what kind of mental health condition they need help with.
4. **Background:** Consider if the therapist's cultural, sexual orientation, religion, economic, or

gender background aligns with the client.

5. Location and hours: Find a therapist that fits the needs of the person's schedule.

6. Availability: Look for therapists that have room to treat new clients.

7. Insurance: Understanding if the therapist takes insurance.

8. Additional services: Consider if the therapist offers additional services outside of weekly sessions.

Ravel Mental Health is an online platform connecting therapists and clients. People interested in learning more about how to connect with the correct therapist can go to the [Ravel Mental Health Get Started page](#) to learn more.

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Ravel Mental Health

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