

Navigating Your Mental Health While in College

Here is a script you can use to either call or send an email to a potential therapist. You say the parts in **blue** and **red**. If you feel nervous calling, **write out the red parts prior to making the call.** You might want to have pen and paper handy to write down their responses!

Hello, (State/write out therapists name.) My name is (State/write out your name.)

My health insurance plan is (State/write out the name of your insurance.)

I am interested in starting therapy. I was wondering if you are taking on new clients and what your availability is? I am seeking therapy because

(Briefly state why: I have been feeling anxious or depressed, a friend told me I should call, etc.)

Could we set up a phone consultation to discuss this more? I was also wondering

(State/write any questions you have for the therapist about cost, insurance, type of therapy, etc.)

If sending an email or leaving a voicemail say:

Please let me know next steps. I can be reached at
(Slowly state your phone number and your email address.)

Thank you, I look forward to hearing back from you.