Let's Talk: Find the right support for you

Everyone's needs are important — and unique.
Explore options that fit your needs and comfort level.



Finding support for your mental well-being can seem hard if you don't know where to start. You may have concerns about stigma, cultural understanding, or the cost of care. Finding the right support may take time, but options exist — including through mental health professionals, non-traditional methods, or peer and community networks.

Finding Professional Support

Here's how to start and what to expect when seeking professional help.

1. Think about what you need

Seeking support is a big step. If you haven't reached out for professional help before, it is normal to feel unsure about it.

It is important to know that therapy isn't just for people in crisis; it can be a tool for growth, healing, and improved well-being.

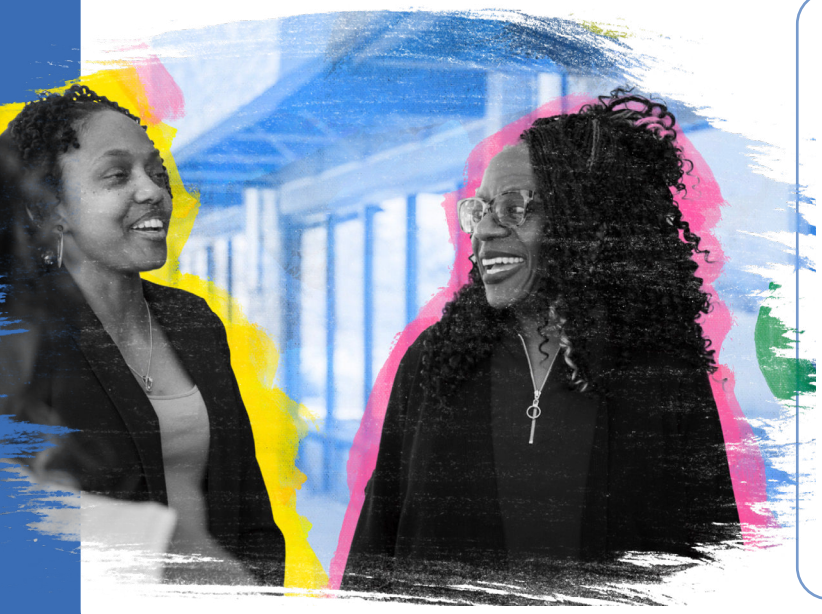
Need Immediate Support?

Call or text 988, or chat at 988Colorado.com to connect with trained mental health specialists. Free. Confidential. 24/7.

Some people worry about being judged or misunderstood. These are valid concerns. Finding a provider who understands your background and experiences is more than a simple preference. It can help ensure your journey is rooted in respect and trust.

Start by thinking about what you want in a mental health professional. Do you want someone who shares your cultural background, speaks your language, or has experience with your specific concerns or experiences? It may take some effort, but there are people out there who can be a good fit for you.

You can also think about the type of support setting that would be most comfortable for you.



Types of support can include:

- Traditional talk therapy (one-on-one counseling)
- Group therapy (connecting with others facing similar challenges in a facilitated group discussion)
- Medical intervention, such as a psychiatrist who can support you with medication management
- Family therapy (involving loved ones in the process)
- Complementary and alternative therapies (yoga, meditation, acupuncture)

2. Ask for recommendations

Once you have an idea of what you want, talk to trusted friends, family, or community members about their experiences with mental well-being professionals. You might find that asking someone for their recommendation allows them to share their own experiences with you.

Culturally understanding mental health providers do exist, and finding the right one for you just might come through personal recommendation.

3. Look for culturally understanding professionals



Finding a provider who respects and understands your identity can make all the difference.

Try these approaches:

- Search online using filters for ethnicity, language, therapy style, and cost (Psychology Today is a great resource).
- Join virtual support groups on social media by searching for groups, events, and organizations that share culturally appropriate resources.
- Check faith-based organizations like churches, mosques, and synagogues, which often offer support groups or counseling.
- Look into nonprofits that align with your values. They may have programs that are tailored to your community.

4. Evaluate the fit

Once you meet with a professional or group, ask yourself whether it felt like a good fit for you. Keep in mind that you might need to go a handful of times to really know. If a provider doesn't feel right, it's okay to switch and try someone new. Therapy should feel safe and supportive.

Need help covering the cost of care?

Mental well-being support should be accessible to everyone. Financial aid options do exist.

If cost is a concern, there are ways to access care:

- Many providers offer sliding-scale fees or free initial sessions.
- Check if your insurance plan covers mental health therapy or psychiatry. You can search your insurance provider's directory or use sites like Psychology Today to find support that takes your insurance.
- Look for local clinics that provide affordable mental health care. Community health centers often offer low-cost or free options.
- Some organizations and nonprofits offer grants or financial aid for mental well-being services.

Find more helpful tips at LetsTalkCO.org