What kinds of services do I need?

There are many different kinds of mental health service providers in the field. Providers include: psychiatrists, psychologists, licensed clinical social workers, and other licensed professional counselors. It is important to start thinking about what you need from a service provider and what you would like to gain from the service provided before you reach out to a new provider.

What am I looking for in a community provider?

This is an important question to ask yourself because you are the one who will be receiving services. For example, you may prefer/require that your provider be female/male, located close to your home, or have the ability to prescribe medication.

I am looking for:

1) _____________________________________________________
2) _____________________________________________________
3) _____________________________________________________

Insurance

If you have insurance, your insurance provider (insurance company, Medicare, or Medicaid) may have a set list of mental health providers that accept your insurance. It is important to contact your insurance provider to see what services are covered and what your benefit limits are. This is not as difficult as it seems! For example, if you are insured by HMSA QUEST, all you have to do is visit http://www.hmsa.com/search/providers/, select your plan as “QUEST,” and include your provider specifications.
Questions to ask community providers
When you are looking for the right community provider here are some important questions to ask:

• Are you currently accepting new clients?
• How soon will an appointment be available?
• What services do you provide? What services do you specialize in?
• What are your policies about payment? What kinds of insurance do you accept?
• Where is your office located?
• Is there anything else I should know?

Things to be mindful of

• If counseling is recommended, or if you think you might need counseling, do not wait! There are many services available to you.
• If your finances are tight, let the MHWO know. We can work together to find the right fit at the right cost.
• If you are taking any medications be sure to let the MHWO and your community provider know.
• Community providers often work together to ensure the best quality of care for their clients. If you are seeing more than one mental health provider, be sure to let your providers know.

Recommendations

The Wellness Center is here to help you find the right community resource provider to care for your needs. We will provide you with recommendations and it is your responsibility to follow through with these recommendations. Your active involvement in this planning process is important and necessary.

Recommendations:
1) ______________________________________________________
2) ______________________________________________________
3) ______________________________________________________
4) ______________________________________________________

Wellness Center

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