

Therapy Resources



Local Therapy Resource - On Campus

Brandeis Counseling Center

- Free counseling services for any enrolled undergraduate or graduate student.
 - 781-736-3730 during business hours to schedule an appointment or call afterhours and press 2 for emergency mental health support
 - bcc@brandeis.edu to schedule an appointment (non urgent)

Local Therapy Resources - Off Campus

Waltham Based Resources

- Children's Charter: Specialized trauma treatment services for children, adolescents, adults, and families who have experienced trauma. Located in Waltham, MA.
 - Call (781) 894-4307 for more information and referrals
 - Clinic hours: Monday - Thursday 8am - 8pm, Friday 8am - 5pm
 - Services offered in English and Spanish
- Charles River Community Health: Offers individual, family and couples therapy for all ages.
 - Waltham office: (781) 693-3800
 - Translation services available
- Advocates Community Counseling - Waltham: Full range of services at the Waltham location including individual counseling, medication management, and walk-in hours.
 - Waltham office number: (781) 893-5110, Counseling@Advocates.org
 - Waltham Walk-In Hours: Tuesday, Thursday, 9:00 a.m. - 12:00 p.m.
 - Sliding scale fee for those without insurance
- Boston Area Rape Crisis Center: provide free short-term counseling to individuals impacted by sexual violence. Group counseling options and workshops also available.
 - Request an Appointment online
 - Has a Waltham based satellite office
 - Services offered in English and Spanish, and other languages with notice



Therapy Resources



Online Resources

- Better Help
 - Licensed therapists over chat, phone, or video
 - Cost ranges from \$40-70 per week, billed monthly
- iHope Network
 - Videoconferencing therapy covered by many major health insurance companies, including Brandeis Health Insurance with \$20-25; also offers sliding scale fee
- 7 Cups of Tea
 - Online therapy with a licensed therapist for \$150/month (= \$37.50/week)
 - Free 24/7 chat with trained volunteers
- Talkspace
 - Text, call, or video modes with licensed therapists
 - Plans start at \$65/week

Exploring Options Beyond this List (Databases)

- Psychologytoday.com: One of the largest therapist databases. Search function can look up therapists based on your current location and filter results based on availability for online therapy, accepted insurance, area of expertise such as trauma, type of therapy offered, etc.
 - Therapist profiles usually include price ranges and whether they can do a sliding scale fee.
- InnoPsych: Online database featuring clinicians of color across the country. Can search based on specialty, insurance, service type, and preferred ethnicity.
- National Queer and Trans Therapists of Color Network (TQTTCN): Provides a network where therapists can deepen their analysis of healing justice and where queer and trans people of color can connect to care. Check out their directory for LGBTQ clinicians of color in your area.
- Therapy for Black Girls: Therapy for Black Girls is an online space and therapist directory dedicated to encouraging the mental wellness of Black women and girls.
 - Article: [How to Choose a Psychologist](#)
 - Article: [Therapists for Women of Color and Queer People: How to Find One](#)



Therapy Resources



What is the difference between therapists, psychiatrists, and advocates?

Words like therapists, advocates, and psychiatrists are often used interchangeably. But what do these people really do? How can these people help during challenging times?

We want to help you better understand these resources so you can make the decision that feels best to you if you are navigating a difficult situation.

Advocates offer emotional support, resources, and crisis intervention. They can provide:

- Listening, believing, and empowering
- Safety planning - helping someone consider strategies for staying safe emotionally, physically, technologically, and more
- Educating about processes - reporting to police and/or campus officials, getting a SANE exam, getting a civil order of protection, accessing counseling
- Providing neutral information about resources/systems and, when possible, accompanying individuals while they engage these resources
- Coping Skills Support - helping people identify coping skills they already have that are working for them and supplementing with new tools to manage trauma symptoms

Therapy is about processing trauma, navigating our mental health, or challenging moments.

Processing trauma can come in many forms, and can be incredibly important for many people during their healing process.

- Therapist is an umbrella term for occupations that can include counselors, psychologists, and psychotherapists. The term basically covers anyone who practices what's known as talk therapy. A therapist is also a qualified mental health professional who has at least a master's degree, but a Ph.D. or M.D. is not required to practice therapy. In some states, psychologists may be able to prescribe medication.
- A psychiatrist is a medical doctor and typically doesn't provide therapy, they are able to prescribe medication, and specialize in preventing, diagnosing, and treating mental illness. A psychiatrist will not always provide the emotional support that a therapist would provide. However, this approach can be very helpful if you are only using medication to manage symptoms.

These are all resources that you can access independently or at the same time. For some advocacy may be a crucial tool at a particular point in time but maybe not down the line, and that's okay. For some therapy is not a useful option for them right now or ever, that's also okay. Please know that you are allowed to choose what feels best to you. If at any point you're not feeling any of these resources, you have a right to explore another resource or provider.

