**Mental Health Treatment Resources Template**

Experiencing domestic violence can be traumatic. It can result in significant emotional distress or in the worsening of pre-existing mental health concerns. Being involved with a family law case may be the start of a better life for you and your children. However, it can also be stressful, frightening, and challenging. If you are experiencing distress or difficulty coping or if you want to proactively increase your support system to feel better prepared for the challenges ahead, then you may want to access mental health services.

Depending on your needs and your resources, you may have multiple options available to you. Due to changes in federal law, more people are now able to access free or low cost mental health care. Even if you were not able to access or afford mental health care in the past, you might be able to now.

*Being involved with the legal system and all the other problems that came about because of my experience with family violence made me very anxious, especially because I was in a foreign country and did not know many people. The therapist at my domestic violence program helped me look at the positive things. Therapy made it easier for me to look at a side of me that wasn’t related to the abuse I went through. I realized I was so much more than just a victim of violence.*

- A domestic violence survivor

*Leaving was difficult, terrifying, and became overwhelming at times. I learned about the importance of self-care through mental health treatment. If you don’t make time for yourself, then you will have nothing left to give.*

- A domestic violence survivor

Not all mental health service providers have received domestic violence training. It is appropriate to ask them about their training, experience, and approach to providing care. It can be beneficial to ask about their documentation practices regarding domestic violence and how they respond if their records are requested by the court. Providers in private practice will often provide a free consultation, if you ask.

There are many mental health service providers in insert your county. Not all of them will be a good fit for you or your needs. If the first person you try is not a good fit, do not give up! Keep looking until you find someone you feel comfortable talking with and who feels helpful with the mental health concerns you wish to address.

**Mental Health Crisis Services**

Call 911 or go to an emergency room if the situation is life threatening. Otherwise, contact insert your local crisis line number.

**Mental Health Counseling at Domestic Violence Programs**

If you are a program participant at a community-based domestic violence program, you may be able to access free, short-term mental health counseling. Check with your advocate or call the organization to find out more. Remove this paragraph if this is not true in your area.

**Community Mental Health Treatment**

For a list of government-funded organizations that provide services to people who are low income and meet eligibility requirements, see enter website. Some agencies may be more convenient based on their location, while others may be a better fit because of the programs they offer or due to their culturally specific services. Call insert name of organization and phone number to learn about your options.

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| --- |
| Insert your county Community Mental Health Agencies for Adults Include |
| **Organization** | **Contact Info** |
| insert name of county-funded organizations | Insert contact info |
|  |  |
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**Medical Providers**

Some medical providers, primary care clinics, and community health centers offer mental health services. You can find a list of community health centers at enter link to list.

**Social Service Organizations with Mental Health Services**

There are nonprofit organizations that provide mental health services that are not funded by the enter the name of your county MH plan or the government funding source. Some of these organizations have religious affiliations. Their eligibility requirements, services, and fees vary.

|  |
| --- |
| Social Service Organizations with Mental Health Services Include |
| **Organization** | **Contact Info** |
| Insert organization names | Insert contact info |
|  |  |
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**Student Providers**

There are clinics where students (supervised by licensed clinicians) provide services on a sliding scale or at low cost as part of their training.

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| --- |
| Student Provider Clinics Include |
| **Clinic** | **Contact Info** |
| Insert clinic names | Insert contact info |
|  |   |
|  |  |

**Private Mental Health Service Providers**

If you have insurance or are able to pay for services, then you may wish to see a private provider. You may be able to obtain recommendations from a domestic violence program, your medical provider, or your insurance company. There are also multiple therapy referral services and group practices that can assist you with making a choice.

|  |
| --- |
| Options for Finding Private Mental Health Service Providers Include |
| **Organization** | **Services** | **Contact Info** |
| Insert local program names, if any | Insert service information | Insert contact info |
| Good Therapy | Therapy referral service. The organization advocates for ethical therapy.  | 1-888-563-2112 x 1[www.goodtherapy.org](http://www.goodtherapy.org)  |
| Open Path Psychotherapy Collective | A nonprofit that offers therapy at a reduced rate ($30-50/session) to people who pay a membership fee of $70.  | <http://openpathcollective.org>  |
| Psychology Today | Has an online “Find a Therapist” directory. | [www.psychologytoday.com](http://www.psychologytoday.com)  |
|  |  |  |

You can also obtain mental health advocacy, information, and support from the National Alliance on Mental Illness at [www.nami.org](http://www.nami.org) or 1-800-950-6264.

Inclusion in this handout is not an endorsement. We encourage you to evaluate if the services and the provider are the right fit for you and to verify that the information listed is still accurate. The content of this handout is current as of the time of publication, but may have since changed. If you are not sure where to start, we recommend discussing your options with a domestic violence advocate.

This tool was adapted from the Domestic Violence and Mental Health

Collaboration Project’s Family Law Toolkit for Survivors.

The original version of this tool can be found at

<http://endgv.org/toolkits/family-law-toolkit-for-domestic-violence-survivors/>.

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