

Helpful Hints in Choosing an Outside Counselor

1. Check With Your Insurance Company First

- a. Call your insurance company or check its website, to make sure the counselor and counseling agency you are interested in is In-network. Out-of-network costs can build up quickly.
- b. When you call the counseling agency, make sure they are in-network providers. Some agencies also do private pay or sliding-scale fees.

2. If Your Insurance is Medicaid

- a. Call Lapeer County Community Mental Health Center - 1-888-225-4447 - to participate in a brief phone interview and set up an intake appointment.
- b. Be sure to share the specifics and seriousness of your concerns - there are different types of services for different needs.
- c. Different services may include therapy, case management, intensive program, autism program, psychiatric appointments, and medication reviews.
- d. Be sure to share your location - there is a new satellite office in Imlay City.
- e. If you have a second insurance, the intake worker may refer you to another agency that accepts both insurances.

3. If Your Insurance is not Medicaid

- a. Be sure to check with your insurance company and the counseling agency about in-network requirements or if referrals from a primary care physician are needed.
- b. Be sure to ask if there is a psychiatrist on staff, if there may be such a need.
- c. *Local Agencies (check local listings for further options):
 - i. LIST Psychological Services, Lapeer - 810-667-4500
 - ii. Concepts in Counseling, Lapeer - 810-538-0229
 - iii. Lapeer Counseling Center, Lapeer - 810-664-4363
 - iv. Journey of Hope Counseling, Dryden - 810-545-4877
 - v. NALO Therapy Center, Lapeer - 810-667-4111
 - vi. Macomb Family Services, Romeo - 586-752-9696 (also other locations)
 - vii. Eastwood Community Clinics, Rochester - 248-844-6234

4. In Case of Emergency

- a. If the individual needing support is experiencing attempts or thoughts of harm to self or others, seek emergency help immediately.
- b. *Local Emergency agencies (check local listings for further options):
 - i. McLaren Lapeer Region Hospital - Emergency Room - 810-667-5500
 - ii. Lapeer Community Mental Health Center - 888-225-4447
 - iii. Harbor Oaks Hospital, New Baltimore - 586-725-5777
 - iv. Havenwyck Hospital, Auburn Hills - 248-373-9200

*Note: local agencies are listed as a courtesy, not as specific recommendations. Please see local listings and websites for all area agencies, and check with your insurance provider.