

TIPS FOR LAY LEADERS

Regarding Psychotherapy Referrals



When should someone be referred for psychotherapy services?

- You have spoken with the person several times
- You offered basic pastoral care
- The frequency, intensity, and duration of difficulty has not changed



Referral Options

- A licensed practitioner
- Catholic Charities
- University Counseling Services
- Recommendations from trusted resources



Questions to ask when contacting a potential private provider:

- Are you taking on new clients?
- When do you have openings?
- Do you offer telehealth or in-person sessions?
- What insurances do you accept? How much does a session cost out-of-pocket, or do you offer sliding scale?
- Do you specialize in certain age groups or issues?
- Will you respect Catholic beliefs and values?



Catholic Charities

Charlottesville (434) 974-6889
Newport News (757) 247-3600
Norfolk (757) 405-7676
Norton (276) 679-1195

Petersburg (804) 285-5900
Richmond (804) 285-5900
Roanoke (540) 342-0411
Virginia Beach (540) 342-0411