

## Finding Help in a Time of Sorrow

If you are seeking professional support for grieving, there are several ways to find local services. Here are suggestions to assist you in your search.

1. If you have insurance, you can call the customer service number on the back of your insurance card and ask for psychologists or other therapists who are in-network in your area. You may also want to ask about your benefits as they relate to outpatient mental health services.
2. The magazine, *Psychology Today*, maintains a website that includes a therapist database. Go to [www.psychologytoday.com](http://www.psychologytoday.com) and click on the link for "Find a Therapist." You can then enter your city or zip code to find the therapists in your area who have profiles on this website. If you have already gotten a list of names from your insurance representative, you can then review their profiles on *Psychology Today* to learn more about them and see who might be a good match for you.
3. The Lehigh Valley Psychological and Counseling Association has a website that provides a list of its members. There is no contact information, but this can be found elsewhere online or in a telephone directory. The website is <http://lehighvalleypsych.org/>.
4. You could also ask your primary care physician or clergy for referrals. They may have a list of psychologists and other therapists that they recommend.
5. If you do not have insurance or cannot afford your deductible, co-pay, or co-insurance, you can call Family Answers, a community mental health organization that provides affordable counseling services. Family Answers is located in Allentown at 411 W. Walnut Street. Their telephone number is 610-435-9651.
6. If you have lost a loved one to suicide, Family Answers provides a support group that is led by a mental health professional. Also, the Greater Lehigh Valley Chapter of the American Foundation for Suicide Prevention (AFSP) provides support groups that are led by people who have lost someone to suicide. These leaders have been trained by AFSP. For information on these groups, go to the website [www.afsplv.org](http://www.afsplv.org).

*Information provided by the  
County of Lehigh – Office of the Coroner  
610/782-3426  
Please call for additional information.*