

# THE BENEFITS OF SELF-PAY THERAPY

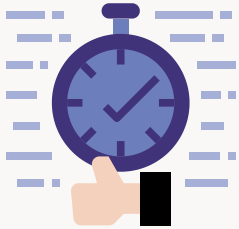
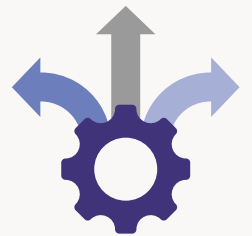


## CHOICE

SELF-PAYMENT FOR THERAPY ALLOWS CLIENTS TO SELECT A THERAPIST THAT MEETS THEIR SPECIFIC NEEDS AND PERSONALITY, WITHOUT BEING LIMITED TO PRE-APPROVED PROVIDERS WITHIN THEIR INSURANCE NETWORK. THIS PROVIDES FLEXIBILITY IN SCHEDULING, WAIT TIMES, AND SESSION LENGTHS. THE DECISION TO SELF-PAY SHOULD BE MADE CONSIDERING ONE'S FINANCIAL SITUATION AND MENTAL HEALTH NEEDS, BUT IT OFFERS A UNIQUE OPPORTUNITY TO TAKE CHARGE OF ONE'S MENTAL HEALTH JOURNEY.

## FLEXIBILITY

INSURANCE RESTRICTIONS NOT ONLY LIMIT THERAPISTS BUT ALSO CONTROL THE MENTAL HEALTH JOURNEY OF CLIENTS. SELF-PAYMENT FOR THERAPY OFFERS A SOLUTION BY GIVING CLIENTS COMPLETE CONTROL OVER THE FREQUENCY, DURATION, AND COMPLETION OF THERAPY. WITH THIS FREEDOM, CLIENTS CAN TAILOR THEIR THERAPY TO THEIR SPECIFIC NEEDS WITHOUT THE CONSTRAINTS OF INSURANCE REGULATIONS. SELF-PAYMENT ALLOWS FOR A PERSONALIZED AND EMPOWERING MENTAL HEALTH EXPERIENCE.

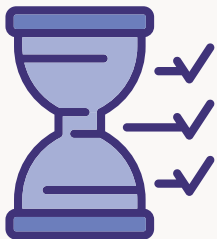


## CONVENIENCE

SELF-PAYMENT FOR THERAPY OFFERS MORE THAN JUST THE FREEDOM TO CHOOSE A THERAPIST THAT RESONATES WITH THE CLIENT. IT ALSO PROVIDES THE ADVANTAGE OF QUICKER ACCESS TO THERAPY, OFTEN WITHOUT THE LENGTHY WAIT TIMES THAT CAN COME WITH INSURANCE. ADDITIONALLY, SELF-PAY CLIENTS ARE FREQUENTLY OFFERED MORE FLEXIBLE SESSION TIMES, SUCH AS EVENINGS AND WEEKENDS, WHICH CAN BETTER ACCOMMODATE THEIR SCHEDULES.

## PRIVACY

USING INSURANCE FOR THERAPY REQUIRES THERAPISTS TO ASSIGN A MENTAL HEALTH DIAGNOSIS, WHICH BECOMES A PERMANENT PART OF THE CLIENT'S MEDICAL RECORD. THIS MAY POSE A PRIVACY CONCERN FOR CLIENTS WHO PREFER TO KEEP THEIR MENTAL HEALTH JOURNEY CONFIDENTIAL. PAYING OUT OF POCKET ELIMINATES THIS CONCERN, AS THERAPISTS ARE NOT REQUIRED TO ASSIGN A DIAGNOSIS OR SHARE MEDICAL INFORMATION WITH ANYONE. THIS PROVIDES A SAFE AND PRIVATE SPACE FOR CLIENTS TO EXPLORE THEIR MENTAL HEALTH WITHOUT FEAR OF JUDGEMENT OR REPERCUSSIONS



## TIMELINESS

THE DEMAND FOR MENTAL HEALTH SERVICES CAN LEAD TO EXTENDED WAIT TIMES FOR CLIENTS SEEKING THERAPY WITHIN THEIR INSURANCE NETWORK. FURTHERMORE, SOME INSURANCE COMPANIES MAY REQUIRE PRE-AUTHORIZATIONS, WHICH CAN ADD FURTHER DELAYS TO SCHEDULING APPOINTMENTS. THIS CAN BE FRUSTRATING AND CAUSE UNDUE STRESS FOR THOSE IN NEED OF IMMEDIATE SUPPORT. OPTING FOR SELF-PAYMENT ELIMINATES THESE OBSTACLES AND OFFERS MORE PROMPT ACCESS TO THERAPY.

## FOCUS ON YOU

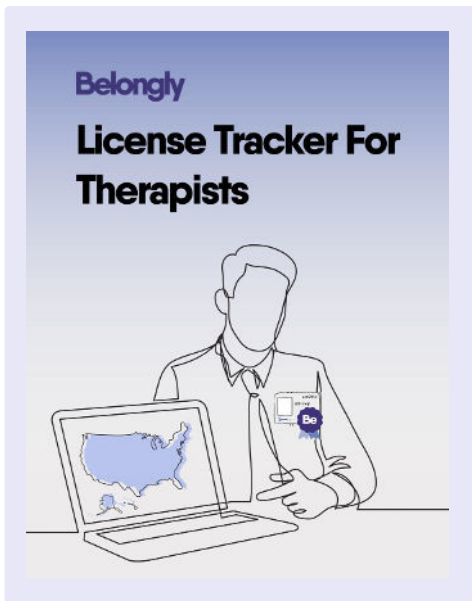
SELF-PAYMENT FOR THERAPY PRIORITIZES A HOLISTIC APPROACH THAT EMPHASIZES PERSONAL STRENGTHS AND GROWTH, RATHER THAN JUST ADDRESSING MENTAL HEALTH CONCERNS. IN CONTRAST, INSURANCE COMPANIES REQUIRE A MENTAL ILLNESS DIAGNOSIS, WHICH MAY HAVE IMPLICATIONS FOR FUTURE INSURANCE POLICIES AND PREVENT CLIENTS FROM OBTAINING COVERAGE. CHOOSING SELF-PAYMENT ALLOWS FOR A MENTAL HEALTH JOURNEY THAT IS FREE FROM THE CONSTRAINTS OF INSURANCE REGULATIONS AND PRIORITIZES THE CLIENT'S OVERALL WELLBEING.



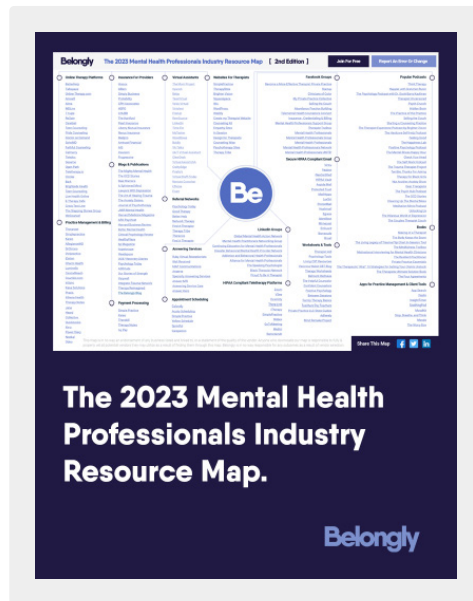


# More Mental health professional resources worth engaging with, and sharing.

Our resources have helped mental health professionals gain exposure and immerse themselves in the world of running their businesses, serving their clients and becoming better professionals.



**The Belongly License Tracker For Therapists**



**The 2023 Mental Health Professionals Industry Resource Map**



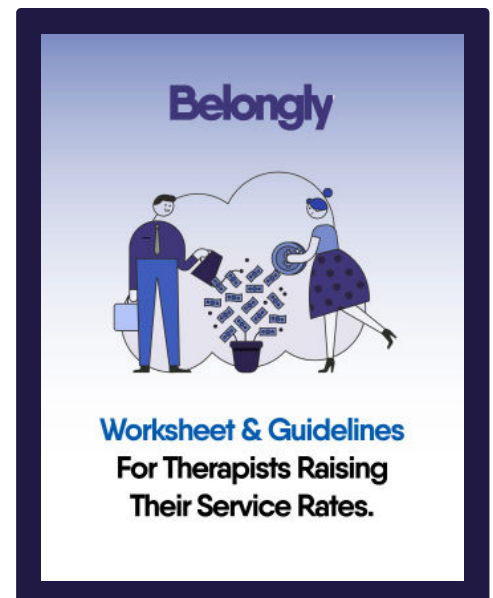
**The Belongly HIPAA Compliance Checklist**



**The Belongly Checklist for Therapists Starting a Private Practice**



**The Treatment Plan Template**



**The Belongly Guide To Raising Your Rates**



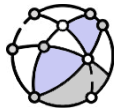
# The Professional Community for Mental Health Providers

A free, secure space for mental health professionals to collaborate with and meet new colleagues, support each other with referrals and stay connected to a trusted network of peers.

[Join Today](#)

[Learn More](#)

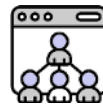
Belongly is a secure private platform. Currently, we only accept US-based therapists.



## Connect

Meet other psychologists, social workers, and mental health professionals who share your specialties, interests, and day-to-day challenges.

[See who's on Belongly](#)



## Collaborate

Consult on cases, securely discuss specific issues, and learn from a protected space. Help one another by giving and receiving professional support.

[Get Connected](#)



## Curate

With Belongly, you can find and subscribe to the latest industry news, research, and curated articles you need to stay current and informed.

[Subscribe To Publications](#)



## Cultivate

Grow your practice with referrals from the community, and develop your business with tools, advice, best practices, and continued training.

[Exchange Referrals](#)