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**The Search for a New Therapist Got You Down?  
Psych Central Will Help with Enhanced Therapist Directory**

*Psych Central Partners with Theravive to Offer New Therapist Directory  
That Helps Consumers Find Good Therapy More Easily.*

Newburyport, MA (PRWeb) Oct. 22, 2013 — Today Psych Central® ([www.PsychCentral.com](http://www.PsychCentral.com)) announced a new partnership with Theravive ([www.theravive.com](http://www.theravive.com)), the provider of the leading, world-class therapist directory. Theravive will provide its database of quality therapists and mental health care providers to Psych Central users.

"I hear from our users that the search for a therapist offering good therapy can be overwhelming and frustrating, with just too many results," said Psych Central's founder & CEO, Dr. John Grohol.

Psych Central conducted an analysis of therapist directories available today, and concluded too many offered undifferentiated lists of dozens – and sometimes hundreds – of therapists per ZIP code. One directory, however, seemed to provide smaller result sets without limiting the variety of mental health professionals included in it.

Theravive's therapist directory limits the number of mental health professionals accepted for inclusion within any given geographic region. This results in a less overwhelming and more pleasant user experience for people searching for a therapist.

"Theravive's directory just stood out among the generic offerings of others because of its emphasis on quality and its coverage area throughout the United States and Canada," said Dr. Grohol. Psych Central.com is the leading mental health and psychology network today, reaching more than four million users each month.

Users of the new Psych Central Therapist Directory are now able to view entries from the Theravive database immediately, whether they conduct a search on the directory itself, or simply enter a postal or ZIP code within any search box on PsychCentral.com.

The new directory lists a wide range of mental health professionals and specialists, all of whom are licensed and credentialed. The directory also provides information about whether the therapist offers online therapy (e-therapy).

"We're proud to partner with Psych Central in offering our directory that emphasizes quality over quantity," said Theravive's co-founder, Arthur Hunter. "The integration of the Theravive directory into Psych Central extends the reach of our directory, offering our therapists a larger targeted audience of people who are seeking mental health care and treatment."

Psychotherapy – or talk therapy – remains an underutilized method for the treatment of mental disorders. While most insurance plans cover psychotherapy treatment costs, many people are still reluctant to try psychotherapy as a treatment option for a mental illness.

Therapist directories help consumers find a therapist suited to their specific needs more readily than most other ways of finding a good psychotherapist.

The new agreement represents a major shift in how a consumer can find a therapist online. The new service on Psych Central helps move consumers away from randomly picking a therapist from an insurance-approved list, or from endless searches on general search engines and other online therapist directories.

Psych Central users can visit the [new find-a-therapist service here](http://www.psychcentral.com/find-help) (www.psychcentral.com/find-help)

## **About Psych Central**

Psych Central, located at [www.PsychCentral.com](http://www.PsychCentral.com), is the Internet's largest consumer mental health network featuring original peer-reviewed editorial content, news, research briefs, clinical trials, ratings and reviews of medications and treatments, the popular World of Psychology blog, as well as dozens of additional professional blogs, and over 200 support groups. Each month more than 4 million people visit Psych Central to learn about a mental health condition, join a support group, contribute to a blog, or take a free, scientific quiz. Founded in 1995, Psych Central is published by John M. Grohol, Psy.D., a pioneer and expert in online mental health, whose leadership has helped to break down the barriers of stigma often associated with mental health concerns. Psych Central was named as one of the Internet's 50 Best Websites in 2008 by TIME.com.

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