

Referral Sources for Providers in All Areas

Pandemic Therapists: <https://www.pandemictherapists.com/>

Psychology Today: <https://therapists.psychologytoday.com/>

Outside of Oregon: <https://www.therapytribe.com/>

Anxiety and Depression Association of America: <https://www.adaa.org/netforum/findatherapist>

Referral Sources for Providers in Specific Areas & Specialties

Portland Area Counselors: <http://www.portlandtherapycenter.com/>

Therapy for Black Girls and Podcast: <https://therapyforblackgirls.com/>

Latinx Therapy Directory and Podcast: www.latinxtherapy.com

International OCD Foundation Therapist Directory
<https://iocdf.org/professionals/membership/>