

Finding a Therapist Away from Campus

1. **Well Connection:** <https://www.wellconnection.com/landing.htm> (Blue Cross Blue Shield only)

Well Connection is a Blue Cross Blue Shield telehealth service that you can sign up for online. To see available clinicians and schedule an appointment, follow the below steps:

- Create an account on the Well Connection website and log in
- Update your location in the top right corner to your state
- Select "Behavioral Health"
- Select "Choose by Provider" to view each clinicians' profile, then select "schedule appointment"

2. **iHope:** www.ihopenetwork.com

iHope is a teletherapy service that currently has licensed clinicians available in about half the US (currently no one in California or New York). To check on availability in your state, call 800-225-0634 or email info@ihopenetwork.com and ask if they have a provider available in your state.

3. **Online Databases**

- Psychology Today: www.psychologytoday.com
- ThrivingCampus: huhs.thrivingcampus.com (providers interested in working with college/university students specifically)
- Good Therapy: <https://www.goodtherapy.org/>
- Open Path Psychotherapy Collective: <https://openpathcollective.org/> (sliding scale therapy - \$30 - \$50 for individual counseling, \$30 - \$80 for couples counseling)
- Zencare (MA, RI, NY, NJ, IL, CT, DC, WA, CA): www.zencare.co
- Association for Behavioral and Cognitive Therapies: <http://www.findcbt.org/FAT/>

4. **If you have a local PCP, contact their office to ask for a referral.**

5. **Do you live near a college or university?**

If so, try checking their Counseling and Mental Health department's website to see if they have any resources listed for finding a community mental health provider. Many schools have their own searchable database.

6. **Visit your insurance website or contact member services.**

If you visit your insurance plan's website, you can typically search for a list of providers that are "in-network". Alternatively, you can call your insurance (using the Member Services phone number on the back of your insurance card) and ask them to send you a list of providers near you that are "in-network".

If you have questions or are having difficulty finding a provider and would like further assistance, contact CAMHS Community Referral Coordinator, Alyssa Mauriello, at amauriello@huhs.harvard.edu or 617-495-2042.