

Resources for Finding a Community Therapist

1. **ThrivingCampus:** huhs.thrivingcampus.com (searchable database of providers specifically interested in working with college/university students)

Other search engines to try:

- a. Psychology Today: www.psychologytoday.com
 - b. Innopsych (Therapists of Color): <https://www.innopsych.com/findatherapist>
 - c. Good Therapy: <https://www.goodtherapy.org/>
 - d. Open Path Psychotherapy Collective: <https://openpathcollective.org/> (sliding scale therapy - \$30 - \$50 for individual counseling, \$30 - \$80 for couples counseling)
 - e. Zencare (MA, RI, NY, NJ, IL, CT, DC, WA, CA): www.zencare.co
 - f. Association for Behavioral and Cognitive Therapies: <http://www.findcbt.org/FAT/>
2. **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"

3. **iHope Network:** 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). They accept multiple insurance plans, including Blue Cross Blue Shield. 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.

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". You can also 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.