1. **Contact your General Practitioner or Primary Care Practitioner for help with referrals.**

2. **BCBS Global Core can help locate providers outside the US.**
   Call 800-810-2583 or visit [https://www.bcbsglobalcore.com/Account/Login?ReturnUrl=%2F](https://www.bcbsglobalcore.com/Account/Login?ReturnUrl=%2F) (enter HVA for the 3-letter Member ID prefix) for assistance.

3. **iHope Network: [www.ihopenetwork.com](http://www.ihopenetwork.com)**
   Available in certain countries only. Contact iHope directly to determine if you are eligible based on your location.

4. **CAMHS Workshops and Groups:**
   [https://calendar.college.harvard.edu/search?search=counseling+and+mental+health](https://calendar.college.harvard.edu/search?search=counseling+and+mental+health)
   Most workshops/groups are open to all students, but a few are limited to students in certain U.S. states only due to licensing restrictions. Please contact the group facilitator if interested in attending.

5. **Therapist Directories:**
   International Therapist Directory: [https://internationaltherapistdirectory.com/](https://internationaltherapistdirectory.com/)

Note: Students may need to pay for upfront for services outside the US and then submit payments to insurance for reimbursement. For more info about insurance coverage abroad, visit [https://hushp.harvard.edu/travel-outside-us](https://hushp.harvard.edu/travel-outside-us) or contact Member Services at 617-495-2008 or [mservices@huhs.harvard.edu](mailto:mservices@huhs.harvard.edu).