

Resources for Students Living Internationally

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>
(enter HVA for the 3-letter Member ID prefix) for assistance.
3. **iHope Network: 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>
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/>
Psychology Today INTL: <https://www.psychologytoday.com/intl/counsellors>

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> or contact Member Services at 617-495-2008 or mervices@huhs.harvard.edu.