

## Resources for Students Living Internationally

1. **Contact your local 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](http://www.ihopenetwork.com)**

*Individual Therapy:* Available in certain countries only. Contact iHope at [info@ihopenetwork.com](mailto:info@ihopenetwork.com) to inquire if you are eligible based on your location. Below is a list of countries they can currently see clients in.

*Group therapy:* iHope is offering a free group called “Coping with COVID-19” available to all students. To learn more and sign up, visit <https://www.ihopenetwork.com/workshops/coping-with-covid-19/>

4. **CAMHS Workshops and Groups:** <https://camhs.huhs.harvard.edu/workshops-and-groups>

Most workshops 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 [mservices@huhs.harvard.edu](mailto:mservices@huhs.harvard.edu).

## List of Countries iHope Serves (As of October 8, 2020)

### **Treatment Allowed**

Angola  
Austria  
Botswana  
Brazil  
China\*  
Democratic Republic of Congo  
EU Countries\*\*  
India  
Japan  
Kenya  
Oman  
Nepal  
New Zealand  
Russia  
Rwanda  
Saudi Arabia  
Tanzania  
Turkey  
United Kingdom  
Zambia  
Zimbabwe

### **Treatment Not Allowed**

Canada  
South Korea  
Kuwait  
Mexico

\*Chinese law states iHope can treat patients if referred by a medical center. If you are interested in getting a referral, please schedule an initial consultation with CAMHS on your patient portal.

\*\*iHope can treat Americans that are living in EU countries, but **not** EU nationals.