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](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 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/](https://www.ihopenetwork.com/workshops/coping-with-covid-19/)

4. **CAMHS Workshops and Groups:** [https://camhs.huhs.harvard.edu/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/](https://internationaltherapistdirectory.com/)*
   *Psychology Today INTL: [https://www.psychologytoday.com/intl/counsellors](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](https://hushp.harvard.edu/travel-outside-us) or contact Member Services at 617-495-2008 or 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.