

## Tips for Finding a Therapist Away from Campus

### Searching for a provider:

1. Try checking several different databases (Psychology Today, Thriving Campus, Zencare, insurance website, etc.) Some databases are more widely used in certain locations than others.
2. Licensed counselors and therapists can have various types of degrees and licenses (PhD, PsyD, LICSW, LCSW, LMHC, LPC). Unless you have a specific idea of what you are looking for based on previous experiences, the connection with the therapist tends to be the most important factor, rather than the provider's degree.
3. If you are having difficulty finding an available telehealth provider near your current zip code, try searching in some of the more highly populated cities and towns in your state.

### Contacting providers:

1. When you contact providers, make sure to include: your name, that you are a student at Harvard University, your insurance carrier (e.g. Blue Cross Blue Shield, Cigna, etc), and your contact information. If calling, you will likely need to leave a voicemail so make sure to include good times to reach you back.
2. Unfortunately, private practice therapists may not always return your call or email, or they will say they are "full" and unable to take new clients. Therefore, we recommend reaching out to at least 4 (if not more) providers you are interested in. The more clinicians you contact, the better your chance of finding someone.
3. To save time and energy, write out a generic introduction/inquiry message that you can copy-paste into email or website contact forms. Similarly, you can also write out a script for leaving voicemails.
4. Make sure your voicemail box is set up and can accept messages so that the provider can leave you a voicemail if needed!

### Navigating Insurance/Cost:

1. Before your first appointment, you will want to verify if the provider is in-network with your insurance. If you have SHIP, visit <https://www.bcbs.com/find-a-doctor> or call Member services (617-495-2008). If you have another insurance plan, check their website or contact the phone number on the back of your insurance card.
2. ThrivingCampus has a helpful list of questions to ask your insurance to learn more about your benefits and out-of-pocket costs: <https://huhs.thrivingcampus.com/help/#basics>
3. If you have the Harvard Student BCBS insurance, view COVID-19 coverage updates here: <https://hushp.harvard.edu/coronavirus-disease-covid-19-health-insurance-faqs>.

**If you have questions or would like further assistance with the process, contact CAMHS Community Referral Coordinator, Alyssa Mauriello, at 617-495-2042 or [amauriello@huhs.harvard.edu](mailto:amauriello@huhs.harvard.edu).**