Mental Health Resources Webpage

Steps for seeing a counselor on-campus
1) Contact the University Counseling Center (UCC) at 574-631-7336 to make an intake appointment
2) Go to the UCC Reception Desk in St Liam’s Hall, 3rd floor, for your initial intake assessment
   a. During the assessment, you will complete some questionnaires and speak with a counselor about your concerns and goals for counseling
   b. The UCC will contact you regarding treatment recommendations

Steps for seeing a psychologist off-campus
1) Obtain a referral from the University Counseling Center
   a. If your provider is within 25 miles of campus, even if they are in network, coinsurance will only be covered at 60% after the deductible without a referral.
   b. The counselor will provide you, based on their assessment of your case, some mental health care providers that are suitable for you
2) Do some research on the mental health care providers
   a. You can find also find in-network mental health care providers on through Aetna’s website
      i. Enter your location and the specialty (e.g., psychologist)
   b. Some criteria to look for include education (e.g., PhD, MSW), location (e.g., if you do not have a car), specialty (e.g., depression, anxiety), and years of experience
3) Contact your mental health care provider of choice to schedule an appointment

Insurance Coverage for off-campus care
- Like medical services, mental health services are covered at 80% for in-network providers, and 60% for out of network providers
- Care is subject to the $500 deductible
More information about the student insurance plan can be found on the UHS website, but if you have any questions about insurance and billing, contact the branch at 574-631-7497, option 4 or email insurancequestions@nd.edu