

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