



## How to Find a Mental Health Provider

- Primary Care Provider : ask your PCP for a behavioral health referral during your next visit/check-up.
- Health Insurance Company : visit insurance website or call the customer service number on the back of your insurance card for support in finding an in-network provider. Visit <https://wellesley.thrivingcampus.com/help/> to learn the basics of using your insurance and finding a provider.
  - ONLY for International students with the Wellesley Student Insurance: students can search for providers outside of the U.S. by visiting [www.bcbsglobalcore.com](http://www.bcbsglobalcore.com) (type "XXP" in the search engine) or by calling 1-800-810-BLUE (2583) for a list of BlueCard, BlueCard PPO, and BlueCard Worldwide participating providers.
- Matchmaking Services
  - Nationwide: Therapy matcher (<https://therapymatcher.wordpress.com/contact/>)
  - Massachusetts: William James College's Interface Referral Service (<https://interface.williamjames.edu/>)
- Online Directory
  - Psychology Today (<https://www.psychologytoday.com/us>)
    - Select your criteria (e.g. insurance, issues, gender, sexuality, treatment approaches)
    - Obtain the list of providers
    - Contact them through email or the phone # listed. Some providers have linked their personal website to their Psychology Today profile. Visit their website and use the mode of contact provided.
  - NAMI (<https://www.nami.org/help>) for local resources (programs, support groups, referral services) across the U.S.