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/](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/](https://therapymatcher.wordpress.com/contact/))
  - Massachusetts: William James College’s Interface Referral Service ([https://interface.williamjames.edu/](https://interface.williamjames.edu/))

- **Online Directory**
    - 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](https://www.nami.org/help)) for local resources (programs, support groups, referral services) across the U.S.