

Unique Counseling Services for Students



Confidential

Personalized

Convenient

39%

According to American College Health Association's 2017 survey, **39% of college students** report feeling so depressed that it was difficult to function and 1 in 5 are diagnosed or treated for anxiety.

Through BetterHelp, a national virtual counseling service, your students can get the help they want, the way they want it. Starting on the effective date of the policy, your students have access to Psychologists (PhD / PsyD), Marriage and Family therapists (LMFT), Clinical Social Workers (LCSW) and Licensed Professional Counselors (LPC). These professional licensed counselors will be available to your students via ongoing text communications, live chat, phone, video or groupinars.

When your students first visit the counseling website, they will be asked to register at www.counseling4students.com and complete a questionnaire that will request their UHCSR insurance information on their ID card, emergency contacts and their goals for accessing the service. The questionnaire will also ask for counselor preferences (gender, specialty, etc.) to ensure they are matched with a practitioner that can help meet their goals. Within 24 hours after completing the questionnaire, they will be contacted by a counselor to schedule an appointment and decide on a communication method that best suits their needs.

As an insured with **StudentResources**, there is no consultation fee for this service. Every communication with a BetterHelp counselor is covered 100% during the policy period. Additionally, usage of this service does not affect plan utilization as individual service fees are not passed on to the plan.

Non-insureds can now access BetterHelp, by clicking on "Get Started" and selecting "Registering for paid account".