

Counseling for Students during COVID-19

Student Health and Counseling Services is providing Telemental Health and remains available (M-F 8-5) to provide all students with guidance on how to seek or receive care. **Crisis counselors are available M-F 9-4:30.**

Students can schedule appointments through [the website](#) at any time. **Academic Modification letters can also be requested on-line** using the counseling link (select Counseling Appointment and following instructions) for this quarter and summer, and following the same process as Winter Quarter – no need for an appointment for a letter request.

Counseling Services Information Based on Current Residence

Students Residing in California

Students can contact [Student Health and Counseling Services](#) (530-752-0871) directly to schedule a remote Telemental Health appointment.

Students Residing anywhere in the United States (including California)

Student Health and Counseling Services has partnered with Live Health Online and Anthem Blue Cross to provide UC Davis students with access to online video visits for counseling. There are therapists available online in every state. Students can register at [LiveHealth Online](#) or via the Live Health Online app. Once registered, students can select the counselor and appointment time that works best for their schedule. The session is provided via video on the electronic device they choose in the location of their choice.

Use the Coupon Code "COUNSELINGUCD" to receive the visit at no cost. This code can be used up until June 30th, 2020.

Students Residing Internationally

Students can utilize [SHIP when abroad](#). With SHIP, their plan acts as an out of network plan, meaning they pay up front and file a claim with Anthem for reimbursement. SHIP covers most out-of-network care at 60% of Usual and Customary Charges. Claim forms are on the Global Core website (see below). The [BCBS Global Care brochure](#) has more detailed information.

The Blue Cross Blue Shield Global website includes a provider search by country and city:

- Go to the [Global Core website](#).
- Enter 'XDP' which is the alpha prefix on their insurance ID number.
- Enter the provider type (doctor, facility, pharmacy) and search by country and city.
- Locate psychology and psychiatry by searching under the specific terms: "psychology" and "psychiatry." First select provider type "doctor," then select psychology or psychiatry, listed under specialty.
 - Note: Mental Health and Behavioral Health will not show as options.