At this time, UCSD Counseling and Psychological Services (CAPS) and Student Health Services (SHS) are able to provide ongoing clinical services to individuals located in California only. Therefore, if you are currently residing out of the U.S., please refer to the information below for assistance.

**Is this URGENT?** Are you currently experiencing a mental health crisis? If you have an urgent need, you can talk to a mental health counselor by calling (858) 534-3755. For a life-threatening emergency, please call 911 (in the US) or your local emergency services.

Here is a link to other crisis and mental health support services for international students: International Help Center for Crisis Support.

---

**International NON-URGENT Mental Health Services**

**Do you have the UC SHIP insurance and would like to obtain mental health services internationally?**

If you need care for non-emergency services you must first contact your Student Health Services (SHS) on campus for a referral to see a doctor away from campus. You can request a referral from the SHS Insurance Office at (858) 534-2124, from your SHS provider, or from CAPS by calling (858) 534-3755. Offices are open 8:00 am - 4:00 pm (PST).

To identify a specific provider, you can meet with in your area, call Anthem BlueCard Worldwide Services at 800-810-BLUE (2583) to locate a doctor or hospital or go to [https://www.bcbsglobalcore.com](https://www.bcbsglobalcore.com) to search for a doctor or hospital. Here are some tips for searching:

A. Enter the **first three letters or numbers** of the Member ID number on your card. For SHIP these are XDP
B. Select Provider Type = Doctor/Dentist
C. Enter your location
D. Select Specialty = Mental Health or Psychology

Most providers do not accept foreign plans and will require that you pay for all services up front.

If using this search engine, you cannot find a provider in your area, you will need to find a provider on your own, and it will then be your responsibility to file a claim with Anthem Blue Cross.

Here are three other websites for locating mental health services internationally:

1. Psychology Today International Provider List
2. The International Therapist Directory
3. What Clinic (To find providers, type “Psychotherapists”, “Psychologists”, or “Psychiatrists” in the “Service” area box)

**For students with UC SHIP**

Refer to [https://www.ucop.edu/ucship/benefits/whens-youre-traveling.html](https://www.ucop.edu/ucship/benefits/whens-youre-traveling.html) for information about UC SHIP coverage while you are international.
Keep in mind: Worldwide coverage falls into the out of network tier of 60% coverage of reasonable and customary, after applying a $1000 deductible. Students who receive care in a different country need to keep statements and receipts and file a claim back with Anthem for reimbursement. See the UC SHIP Global Core flyer for more information.

See Instructions to obtain services after you have obtained a referral.

For students with other insurances
Please call the Member Services number on your insurance card and ask for assistance locating mental health resources in your area. You may call CAPS at (858) 534-3755 to arrange for a case management appointment.

If you need care for non-emergency services you must first contact your Student Health Services (SHS) on campus for a referral to see a doctor away from campus. To obtain a referral you can request one from the SHS Insurance Office at (858) 534-2124, from your SHS provider or from CAPS by calling (858) 534-3755. Offices are open 8:00 am - 4:00 pm (PST).

The following services are available to ALL registered students regardless of insurance, or whether residing in or outside of California:

- **Let’s Talk**: Drop-in consultation services to students who are seeking informal support and assistance with mental health and campus resources. Let’s Talk sessions are designed to provide practical strategies, information, and support regarding general wellness-related issues. This is a great opportunity to chat with a CAPS counselor and ask questions about your well-being, accessing resources, and getting connected with CAPS. Zoom: [https://caps.ucsd.edu/letstalk](https://caps.ucsd.edu/letstalk)

- **Virtual Drop-In Workshops**: Educational and skill-building online Zoom workshops for students to learn new coping strategies or build upon tools they already have. Learning these skills helps students to improve stress management and emotional regulation, build tools for resilience, and learn strategies for well-being. For a complete list of offerings, please go to: [https://caps.ucsd.edu/dropin](https://caps.ucsd.edu/dropin)

- **Virtual Community Forums**: Identity-based forums to serve diverse student groups. The forums allow students to connect with each other through a Zoom meeting. These are spaces for undergraduate, graduate and professional students to build community and maintain relationships with one another. The forums give students a space to build social connection during this time of physical distancing. Please see the group webpage, where you can find our Community Forums schedule: [https://caps.ucsd.edu/groups](https://caps.ucsd.edu/groups)

- **iFlourish**: iFlourish is an online self-improvement program. CAPS offers three self-guided technology programs that provide evidence-based interventions designed to reduce stress, anxiety, and depression. They are desktop, mobile, or tablet-friendly. They are free, anonymous, and available exclusively to UCSD students. Please sign up using your UCSD email address at [https://caps.ucsd.edu/iflourish](https://caps.ucsd.edu/iflourish)