

## How to Find a Therapist Outside of CAPS

Counseling and Psychological Services (CAPS) seeks to provide a variety of quality mental health services for students enrolled at Utah State University. Eligible students receive our services free of charge. Our mission is to serve as many students as possible through individual and group therapy, one-time consultation appointments, psychoeducational workshops, and outreach efforts. The demand for our services is high, and we frequently have a waitlist for individual therapy services. When the waitlist is several weeks long, some students elect to seek services elsewhere rather than be placed on the waitlist. To better serve the clinical needs of students who are not eligible for CAPS services or who elect not to be placed on a waitlist, we have developed this brochure to assist you in finding a therapist.

### How do I get a referral for a therapist?

At CAPS, we do our best to assist students in finding therapy services that are convenient and affordable. Eligible students are encouraged to take a referral from CAPS to the Psychology Community Clinic or the Family Life Center, both of which are low-cost, sliding scale clinics located on the USU Campus. Students may also choose to seek a private practice therapist in the community. A member of the CAPS clinical staff will be happy to provide you with referrals to services and therapists in the Cache Valley Community.

### How do I pay for mental health services?

If you choose to seek a private practice therapist, you can pay out-of-pocket or use health insurance to supplement the cost of mental health services. If you have USU Student Health Insurance, you can expect to pay a \$30 copay for each therapy appointment as well as 20% of the total cost (copay is applied to the 20%) after you have reached your \$500 deductible. To pay the lowest amount, you must use an in-network provider. In-network providers are physicians and health care providers who have agreed to work with your insurance plan. To find a list of approved healthcare providers in your community, go to: [www.firststudent.com](http://www.firststudent.com) and select your university. Then select the option “find a doctor”, select United Behavioral Health plan, and do an advanced search for a “psychologist” or “master’s level clinician” to find a therapist in your area.

### What if I have questions about my health insurance?

For more information about how to utilize your health insurance benefits, you may contact **Katelyn Richins in the Health and Wellness Center at 435-797-3505**. The full Student Health Insurance brochure is also located online at [www.usu.edu/health/healthinsurance](http://www.usu.edu/health/healthinsurance).

Counseling and Psychological Services  
Utah State University  
Taggart Student Center 306  
[www.usu.edu/counseling](http://www.usu.edu/counseling)  
435-797-1012  
Monday-Friday, 8:00 a.m. – 5:00 p.m.