

# “SmartMove” Referral Assistance Form

## How To Find an Off-Campus Mental Health Provider

Sometimes, you have to make a smart move. The “Smart Move” Referral Assistance Form is designed to help when that move involves looking for an off-campus mental health provider.

The Stevenson University Wellness Center can be a great short-term therapy option for certain mental health issues. However, the Wellness Center is not meant for long-term therapy, and there are some issues that go beyond our scope of service. In these situations, finding a mental health provider off-campus can be the smart move. This form includes a number of suggestions to get things moving.

### TOP SUGGESTIONS FOR FINDING A NEW THERAPIST

#### 1. Through Your Insurance Provider

Most people pay for therapy through insurance. So a great place to start is to check with your insurance to find providers in your network. Try calling the customer help numbers on the back of your insurance card, or logging in to your provider’s website for a list of therapists in your area.

#### 2. Check Popular Internet Listings

Some specialty websites are devoted to finding therapists convenient to your location, with filters to sort by insurance plan, the therapist’s gender, their area of expertise, etc. The most popular search tools can be found at PsychologyToday.com, Theravive.com, Welltrack Connect, and Zocdoc.

#### 3. Pro Bono Counseling of Maryland

This is a free service in Maryland dedicated to offering mental health support and helping people find the right match. A brief phone interview with their staff can lead to multiple referral options. They can be reached at 410-825-1001.

#### 4. The Wellness Center’s Community Resource Guide

Like a lot of health clinics and counseling centers, the Wellness Center keeps a lengthy list of providers in different specialty areas in case a referral is needed. Just ask the Wellness Center for a copy by emailing [wellness@stevenson.edu](mailto:wellness@stevenson.edu), or download a copy from our website at [www.stevenson.edu/student-life/health-wellness/](http://www.stevenson.edu/student-life/health-wellness/)

#### 5. Internet- or App-Based Therapy Services

These services have become increasingly popular, and can offer greater flexibility in scheduling and availability than in-person therapists. The most popular options include BetterHelp and Talkspace.

#### 6. The National Alliance on Mental Illness (NAMI)

NAMI’s HelpLine service answers questions, offers support for practical next steps, and can be reached in a variety of ways. Call 1-800-950-NAMI (6264). Text “HelpLine” to 62640. Or email [helpline@nami.org](mailto:helpline@nami.org).



Stevenson University Wellness Center  
443-352-4200  
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Monday – Friday, 9:00 – 5:00

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### TIPS FOR SCHEDULING:

- When you call an off-campus provider, it is very likely that their office will want to know about your insurance coverage. Familiarize yourself with your insurance provider before you call, and have your insurance card handy when you start making calls.
- Don't be too discouraged if you are placed on a waitlist. Unfortunately, waitlists of up to 6 – 8 weeks are not uncommon. Even if you'd rather not wait, it can still be a good idea to get on the waitlist to give yourself a backup option, and then keep looking for another provider.
- Be flexible with scheduling. Many people want appointments during lunch hours or after work/school. But if you are able to see a therapist during the workday (particularly via telehealth) you may have better luck finding a therapist sooner.
- Once you meet with someone, try not to make a snap judgement. Give yourself three or four sessions to see if it's a good fit. And if it doesn't feel like a good match, consider expressing your concerns to the therapist before looking elsewhere. Most therapists are open to making adjustments.

### THINGS TO REMEMBER:

- If you receive counseling with the Stevenson University Wellness Center, and then switch to an off-campus provider, the Wellness Center staff will be happy to assist by sharing treatment information with the new therapist. You only need to fill out a brief release form, and we'll provide the new counselor with a summary.
- If some urgent situation comes up before you have found a consistent therapist, the Wellness Center is available for crisis walk-ins during regular business hours. Or you can contact Fonemed, Stevenson's 24/7 advice phoneline for both health and mental health problems, at 1-800-245-4691.
- For emergencies when the Wellness Center is closed, you can contact Campus Safety if you are on campus (443-352-4500). Or if you are off campus, you can contact the National Suicide & Crisis Lifeline (call or text 988), or go to the nearest Emergency Room, or contact Baltimore County Mobile Crisis (410-931-2214).
- If you have any further questions about the referral process, you can always talk to someone on the Wellness Center's counseling staff. Even if you're not a great fit for short-term counseling, or if your concerns go beyond our ability to help, we can still assist with the referral process.



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