



MENTAL HEALTH FOR SUMMER

Do you already have a therapist?

Is your therapist licensed in whatever state you'll be in for the summer?

Do you want to talk to someone?

Yes

No

Yes

No

No

Yes

- Make a plan with your therapist to continue seeing them
- Ensure they can do telehealth appointments
- If you are on medication, talk to your psychiatrist to make sure you have enough refills to last you for the summer before you leave California.

- Talk to your therapist about a summer plan.
- If you need to see someone over the summer, ask your therapist if they can help you with referrals.
- Ask your therapist to write a treatment summary letter for your new referral to be up to date.

Take care!

Make time for mental and physical rest-care for your basic needs, you deserve it!

Make a mental health care plan for the summer

Intentionally check in with friends and family for support

TimelyCare!

Virtual Appointments

- Free over the summer resource to speak to a therapist of your choosing via telehealth, up to 12 sessions per academic year
- Can be used on a phone, tablet or computer across the U.S.
- To use abroad, you must download while in the U.S. and only TalkNow is available
- Graduating seniors have up to 3 months of access after graduation

Telehealth

Look on your insurance website to see which therapists offer telehealth services in the state you will be in for the summer

Note- Therapists can only practice in the state they are licensed in. Ex. A therapist licensed only in CA cannot offer you telehealth if you are in CO.

Self-Care Content

Yoga, meditation, and group conversations with providers on a variety of health and well-being topics.

TalkNow

24/7, on-demand emotional support.

Counseling Appointments

Select the day, time, and mental health provider of your choice (12 visits per academic year).

Off-Campus

In-Person Sessions

1 Identify your insurance

2 Understand Cost

3 Choose a Therapist

You either have the Oxy Student Health Insurance Plan (Aetna) or another form of insurance. If you're not sure of your insurance carrier, reach out to Emmons at emmons@oxy.edu.

Do you have the means to pay for therapy out of pocket, or will you need it to be fully or partially covered by insurance? To find out more about your health insurance benefits, call the 800 number on the back of your insurance card or log in to your insurance's web portal to see your plan details.

- When you call your insurance provider, ask for a list of names of talk therapy providers on their insurance panel.
- Look for LCSW, LMFT, Pys.D, LP or LPCC credentials
- You can call or email your therapist directly to see how much each session will cost
- Many offer a free brief consultation to make sure the therapist is a good fit
- Scan the QR code to the right for therapist directories and more tips!

Emmons

- Summer Hours begin 5/28
- By appointment only: call (323) 259-2657



- Questions to ask your insurance about costs:
- How many appointments am I eligible for?
 - What mental health services are included?
 - If I choose to go on medication, are my prescriptions covered?
 - Is there a copay, and how much is it?
 - Do I have out-of-network benefits?
 - How do I submit a claim and how much will my insurance cover if I have to pay out of pocket?

www.oxy.edu/emmons

