

Virtual Services

This is not a comprehensive list of online services available but rather a guide of some of the services students may need. Please refer to other communication regarding SCU resources and crisis resources available.

1. Mental Health Therapy/Resources – check with your insurance company as some may offer coverage for teletherapy.

- a. Optum Emotional Support Help Line
 - i. Optum’s Emotional-Support Help Line is available to support anyone who may be experiencing anxiety or stress or loneliness following the recent developments around COVID-19.
 - ii. This free service can be reached at (866) 342-6892, 24 hours a day, seven days a week and is open to all. In addition, emotional-support resources and information are available online at www.liveandworkwell.com.
- b. Better Help – Therapy online
 - i. United Healthcare Student Resources (SCU insurance - Free): <https://www.betterhelp.com/united/>
 - ii. Without the student health insurance: <https://www.betterhelp.com/>
- c. Talk Space – Therapy online
 - i. <https://www.talkspace.com/>
- d. Pride Counseling – Therapy online for the LGBTQ community
 - i. <https://www.pridecounseling.com/>
- e. CDC’s tips on how to Manage Anxiety and Stress
 - i. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- f. Calm – Mediation app
 - i. <https://www.calm.com/>
- g. Headspace – Mediation app
 - i. <https://www.headspace.com/>
- h. Give an Hour - Therapy for veterans and survivors of trauma; phone and online services available.
 - i. <https://giveanhour.org/>
- i. Bipolar and Depression Support Alliance – online tools and online group support
 - i. <https://www.dbsalliance.org/>
- j. Online Substance Use support groups – Free support groups
 - i. <https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>

2. Psychiatry

- a. Live Health Online
 - i. <https://livehealthonline.com/psychiatry/>
- b. Inpathy - Psychiatry
 - i. <https://inpathy.com/>

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3. Medical Services

- a. Healthiest You – Online medical services
 - i. United Healthcare Student Resources (SCU insurance –Free):
<https://go.healthiestyou.com/student/>
 - ii. Without the student health insurance: <https://www.healthiestyou.com/>
- b. Live health online – Online medical services
 - i. <https://livehealthonline.com/>
- c. MD Live – Online medical services
 - i. <https://www.mdlive.com/>
- d. Teledoc – Online medical services
 - i. <https://www.teladoc.com/>

4. Additional Services

- a. Psychology Today – Search for therapy providers
 - i. <https://www.psychologytoday.com/us>
- b. Thriving Campus – Search for therapy providers
 - i. <https://scu.thrivingcampus.com/>
- c. Comcast – Offering free hotspot Wifi
 - i. <https://wifi.xfinity.com/>
- d. U-Haul – free 30 day self-storage for college student
 - i. <https://www.uhaul.com/>

5. Additional Considerations

- a. Please check with your current insurance provider to see if any form of teletherapy is available to you as an insurer.
- b. Please check with your current insurance provider to see if any form of telemedicine is available to you as an insurer.
- c. Please check with your current insurance provider to see if any form of a medical line to call 24/7 is available to you as an insurer.
- d. Please check with your current insurance provider to see if a particular doctor/therapist/psychiatrist could move services online.
- e. Please check with your current insurance provider to see if there is a prescription drug program that will ship your prescriptions to your home.
- f. Please check with your current insurance provider to see if there is a local pharmacy that will deliver.

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