



CURRY COLLEGE

*Counseling Center
1016 Brush Hill Road
Milton, MA 02186
617-333-2182*

Community Referral Form

Date:

Reason for Referral: Community Resources

We are recommending that you see a counselor or other mental health provider off-campus. This guide has been designed to assist you in finding a qualified therapist and/or community resources that can help you address your concerns and improve your well-being. You will be making a commitment that involves time, effort, and possibly, cost (e.g., through copayments or private fee schedule). Many people who have received counseling and/or accessed a variety of community resources have described as it as a valuable experience that has helped them improve their lives.

Finding a Counselor or Community Resources

During your appointment at the Counseling Center, you and your counselor discussed your personal concerns that prompted you to seek help. Based on the information gathered the following therapists and/or resources have been recommended to continue/supplement your treatment:

1.) Name of Program:

Name of Contact Person:

Phone:

Address:

Services Recommended:

2.) Name of Program:

Name of Contact Person:

Phone:

Address:

Services Recommended:

3.) Name of Program:

Name of Contact Person:

Phone:

Address:

Services Recommended:

It may have been suggested who to contact first. You may also want to contact all of them before making a decision. If you plan to use your health insurance to help cover the cost of therapy, you will need to know the level of coverage your insurance plan provides for the services offered. This information can often be located by looking on the front and back of your insurance card, or by contacting the insurance carrier's customer services telephone number and/or their website.

What to say when contacting a Therapist

When you call, we recommend that you talk to the therapist personally. Indicate that you are looking at possible therapists and gathering information to make a decision. Be ready to leave your phone number and a time you can be reached in case the therapist is unavailable when you call. It is important that you choose a therapist with whom you feel comfortable and at ease, since your treatment will involve working together as a team.

When contacting a therapist, there are several questions you will want to ask:

- What days and times are you currently available?
- Where is your office located?
- Could you describe your helping approach? Or, can you describe how you help clients?
- What are your fees? (\$80 - \$150 per session is not uncommon if you do not use health insurance). Some counselors and agencies have sliding scales that are available if you cannot afford their hourly rate.
- If you plan to use your health insurance, have your card/plan information in front of you when you call. This will help the therapist to answer your questions, especially those below.*
- Will you accept my health insurance coverage? Will you directly bill my insurance company? Do you have a sliding fee scale or will you set up a payment plan?
- Do I have to pay "up front" for services?

Some Other Considerations:

- Check with your insurance carrier's website (or telephone customer service line) to determine what your copayments may be in advance of any appointments you attend. That way, the therapist can request approval to have the cost covered, which can help prevent you from being billed for the full cost of the session.
- Check your health insurance card/carrier to determine if you have any copay fees associated with mental health care services (often referred to as *behavioral health*).

DISCLAIMER

The Curry College Counseling Center hopes this information will assist you in selecting a suitable therapist and/or accessing community based resources. Please be aware the therapists and/or resources we recommend are not affiliated with the College. The Counseling Center assumes no liability in the event you are not satisfied or helped by the community therapist and/or resources provided. However, if this does occur, please feel free to contact us (617-333-2182) for additional assistance with your therapy and/or resource needs.