**Students with Health Insurance**

If you have health insurance, you can:

* request a list of local mental health providers by contacting your health insurance company using the telephone number listed on the back of your insurance card, or by visiting your insurance company’s website
* additional questions you might ask your health insurance company:
  + Do I have a copay?
  + Do I have a deductible (i.e., the amount of money you pay out-of-pocket for services before your insurance begins to cover costs)?
  + Once I have met my deductible, how much will I pay per mental health visit?