Helpful Online Resources

For a complete list of recommended resources and mobile apps visit: brynmawr.edu/healthcenter/counseling-services/resources

ONLINE THERAPY
- betterhelp.com/united (Free service via BMC insurance)
- 7cups.com – 7 cups: Online Therapy and Free Counseling
- beam.community/bytten - Black Virtual Therapist Network

REDUCING STRESS
- 2ninety.com/reduce-your-stress-with-these-7-self-care-apps
- helpguide.org/harvard/benefits-of-mindfulness.htm
- campusmindworks.org/help-yourself/self-care/sleep

IMMEDIATE SUPPORT
- crisistextline.org
- halfofus.com/find-help-now

SELF HARM/SELF-INJURY
- helpguide.org/articles/anxiety/cutting-and-self-harm.htm
- #chatsafe – Guide for communicating safely online about suicide

QT/POC
- nqttcn.com - National Queer & Trans Therapists of Color Network
- therapyforblackgirls.com

Health Center * Confidential Care
Monday-Friday: 9 a.m.-5 p.m.
Saturday and Sunday: 9 a.m.-2 p.m.

Closed during all student breaks and holidays.

After Hours Counseling Services
To speak with a counselor when the Health Center is closed, call the Counseling Line at 610-526-7778.
Overview

• What type of therapy is right for me?
• How do I find a therapist off campus?
• Specialized Community Resources
• Other Helpful Resources

What type of therapy is right for me?
In terms of “style” of therapy, not every counselor approaches therapy the same way. The following resources are available to help you learn more about different therapy approaches and tips on choosing the right therapist for you.

  • psychologytoday.com/us/types-of-therapy
  • tigers-eyehealingarts.com/finding-the-best-therapist/

Visit our counseling website to read about individual vs group therapy, view our current group therapy and workshop offerings, and to read our FAQ’s.

  • brynmawr.edu/healthcenter/counselingservices

How do I find a therapist off campus?
Learning how to find a therapist is a valuable life skill. Some students may seek or be referred off campus for services that are not available in Counseling Services. Depending on whether you are using insurance or paying out of pocket, we recommend the following resources to get you started. If you need additional help, Tisa Baena, Counseling Case Manager, is available to guide you: tbaena@brynmawr.edu

Mental health therapy services may be fully or partially covered by your insurance.

• Student insurance: Visit firststudent.com and select BMC. Click on “Find a Doctor” and then “United Behavioral Health.” Enter your location and search for “psychotherapist.” OR login to your account, click on the link “Find Mental Health Provider” (If you are having difficulties or have specific questions, contact: Tim Cummins at 410-583-5452 or tcummons@rcmd.com)

• Other insurance: To learn about your insurance benefits for mental health services, call the number in the back of your insurance card and ask the following questions:
  o What is the coverage amount per therapy session? Ask about both in-network and out-of-network benefits.
  o Where can I locate your list of “in-network” providers?
  o How do I submit a receipt/invoice for reimbursement?

• Another great resource for finding therapy is: www.psychologytoday.com
  o You can search by zip code and then “refine” your search by insurance, therapy approach, etc.

Specialized Community Resources
Please note that Counseling Services does not endorse any providers listed below and it is not liable for their services. For a more comprehensive list please visit our website.

DRUG & ALCOHOL COUNSELING
Adolescent Advocates
(610) 520-7775
1062 E. Lancaster Ave., Suite 15
Rosemont, PA 19010

Rehab After Work*
(610) 889-3140
1440 Russell Road
Paoli, PA 1930

*Short walk from the Daylesford station of the R5

RESOURCES FOR EATING DISORDERS
Renfrew Center for Eating Disorders
320 King of Prussia Road, 2nd Floor,
Radnor, PA 19087
(800) 736-3739
renfrewcenter.com

Seeds of Hope
491 John Young Way #300
Exton, PA 19341 (also located in Philly)
(610) 557-8264*

*Press option 2, then 2 again.

Looking Glass Counseling
19 Elliott Ave
Bryn Mawr, PA 19010
(484) 841-1132

NEUROPSYCHOLOGICAL EVALUATIONS
*Megan Perrin, MPH, PhD.
Holistic Cognitive Consultants, LLC
Lancaster Avenue, 206
Haverford, Pennsylvania 19041
(267) 317-3239

*If you would like to use your student insurance, this specific provider requires a prescription which can be obtained by scheduling a brief appointment with BMC Psychiatrist, Dr. Kulisek.

EDUCATIONAL EVALUATIONS
(Contact Access Services for additional locations.)

Philadelphia College of Osteopathic Medicine
Center for Brief therapy
Rowland Hall, Suite 530
(215) 871-6487
pcom.edu/patients/center-for-brief-therapy

Temple University
School of Education
(215) 204-6087
philadelphia, PA 19121

University of Pennsylvania
Center for Psychological Services
Psychoeducational Division
123 Coulter Avenue
Ardmore, PA 19003
(610) 642-4873
centerpsych.com

University of Pennsylvania
3535 Market St., 2nd Fl.
Philadelphia, PA 19104
(215) 573-1159
med.upenn.edu/add/treatment

Philadelphia Adult ADHD Treatment and Research Program
Temple University
Center for Psychological Services
Psychoeducational Division
123 Coulter Avenue
Ardmore, PA 19003
(610) 642-4873
centerpsych.com