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Subject: telehealth psychotherapy referrals

Hello Students,

I hope you are all well. I just wanted to make sure everyone has this information below. My drop-in times are [here](#) if you want to talk for any reason, or just send me a message.

- **Psychotherapy referrals:**
 - If you are interested in finding a therapist, the CBT training clinic in the psychology department (Vermont Psychological Services: [VPS](#)) has switched over to telehealth. As always, this service is completely confidential and is not a training site for med students. I'm very glad to facilitate a referral directly (just send me a note, or I'm glad to answer any questions you might have about it), or you can call the clinic at 802-656-2661. If you call, it will help your referral process if you let them know you're a medical student here. VPS accepts VT Medicaid, Student Health Insurance, and VT BS/BC, and will negotiate a sliding fee if they can't take your insurance.
 - UVM's Counseling and Psychiatric Services (<https://www.uvm.edu/health/CAPS>) is also doing some telephone appointments and can refer students for telehealth psychotherapy in the community. As with the [Student Health Center](#), you all have free access to this service.
- **Psychiatric care:**
 - If you want to see a psychiatrist, get in touch with me or a member of the Wellness Committee and we can facilitate a referral.

Take good care everyone!
Lee Rosen

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