Mental Health Care Away from Campus

If you will be away from campus for summer break, a leave of absence, study abroad, or other reasons, get a head start in connecting to mental health services while you are away.

Urgent Mental Health Needs

In the United States
For urgent medical or mental health crises while you are in the U.S., call 9-1-1 or go to the nearest emergency room.

While Overseas
For urgent medical or mental health crises while abroad, Stanford provides support to all students (regardless of what insurance they have) through International SOS. Additional information can be found on the ISOS website (https://www.internationalsos.com/) or by calling the organization directly at +1 215 942 8226.

Nonurgent Mental Health Services

Cardinal Care
Cardinal Care provides coverage through an MHN plan. Use the MHN search link on the CAPS Referrals website (listed at the bottom of this page) to find providers anywhere in the United States. You may also call the MHN 24/7 Access number (888-426-0030) to obtain referrals. The referrals are only for providers in the domestic US and not for students traveling abroad.

If there is a therapist you want to see overseas, you are eligible for reimbursement through your Tier 2 benefits. Additional information can be found in the Student Health Matters guide (which can be found online at https://vaden.stanford.edu/).

Other Insurance Plans
Call your insurance (using the phone number on the back of your insurance card) or log into your health insurance account online to find providers in the area where you will be located. Ask about options for out-of-state coverage or single case agreements if you are told that they do not cover providers in your area.

Bing Overseas Studies Program (BOSP)
Many Stanford study abroad programs have connections with local mental health resources. Talk with BOSP prior to your overseas studies about what resources are available in the place you will be visiting and how to best get connected. You may also talk with your Residence Dean about resources at your destination.

For additional information about connecting with mental health services off campus, go to: https://vaden.stanford.edu/caps/referrals