Need A Referral?

Because of unforeseen circumstances impacting UNC Charlotte and counseling services at CAPS, we would like to assist you in getting connected to resources to support your emotional health while you are away from campus. Here are some steps that you should consider as you move forth with securing those services:

IF YOU ARE A CURRENT UNC CHARLOTTE STUDENT & MECKLENBURG COUNTY RESIDENT:
Contact: Refer to our website for up to date information on hours of operation and available services. If contacting CAPS after 5pm or on the weekend, you will be connected to an after-hours counselor by contacting 704-687-0311 and choosing prompt #1 when directed. Local students can also seek resources via CARDINAL INNOVATIONS for 24 hour crisis line/assessment and/or referrals at 800-939-5911

IF YOU LIVE WITHIN ANOTHER NORTH CAROLINA COUNTY:
Contact: Your Local Management Entity. You can find the information for your home county by enlarging this map or downloading here.

24 Hour Crisis Response, Assessment & Referral Information by County

IF YOU ARE AN OUT-OF-STATE RESIDENT or INTERNATIONAL STUDENT:
Contact: The college counseling center at a local university or community college. Request to speak with a Case Manager, a
Referral Coordinator, or someone else in that office who might be able to provide area referrals for counseling. We recognize that some university/college counseling centers may have suspended operations and may not be available to consult. If this is the case, you are encouraged to contact your insurance company for resources (if covered) or your local mental health entity (if uninsured).

**IF YOU HAVE STUDENT BLUE/BLUE OPTIONS HEALTH INSURANCE:**
Utilize the online portal at: [http://studentbluenc.com/#/uncc/welcome](http://studentbluenc.com/#/uncc/welcome) to find a provider in your area. You can search by zip code, gender, licensure, distance, etc. by going to the “Find a Doctor” option in the top right hand corner of this webpage to explore options.

**IF YOU ARE COVERED BY ANOTHER INSURANCE CARRIER:**
Contact the Member Services number or website on the back of your insurance card. Some of the common insurance carriers are:

- AETNA
- United Health Care
- CIGNA
- NC State Employees Blue Cross Blue Shield

**IF YOU NEED SLIDING SCALE OPTIONS:**
- CARDINAL INNOVATIONS at 800-939-5911
- OPEN PATH COLLECTIVE