

# UBC AMS/GSS StudentCare Counselling Benefits

[https://www.studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS\\_Health\\_HealthCoverage\\_HealthPractitioners\\_Psychologists](https://www.studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS_Health_HealthCoverage_HealthPractitioners_Psychologists)

**up to  
100%  
coverage!**

Practitioners covered are:

- a licensed psychologist,
- a registered clinical counsellor,
- a licensed psychological associate,
- or have a Master's in Social Work.

**maximum of  
\$1,500 per  
policy year**

## How to find a therapist

### 1. Online Studentcare Psychology Network:

PsyVitaliti (with StudentCare) provides therapists at a preferred rate (in addition to your coverage)

<https://psyvitaliti.ca/>

### 2. Own search:

own choice and own search (presenting issue, location, therapy method...etc.)

try:

- psychologists BC  
[https://www.psychologists.bc.ca/find\\_psychologist](https://www.psychologists.bc.ca/find_psychologist)
- counselling BC  
<https://counsellingbc.com/>

## Reimbursement:

- Pay the therapist
- Get a receipt
- Submit receipt for reimbursement

[https://www.studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS\\_Claims\\_HowtoClaim](https://www.studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS_Claims_HowtoClaim)

## Identifying the best fit for you:

- make a shortlist to see if you could connect: look at website, experience and methods
- request a 15min free introduction to make sure that it is a good connection
- have an idea of the issue and the goal
- say “I have \$1500, this is the issue and goal, how can we work with that”.
- Book a session with whom you prefer