



For Out of State Students:

Based on professional ethics and state laws, W&M clinicians are only able to engage in telemental health with students in Virginia at the time of the call.

All supportive outreach groups and supportive outreach workshops are not therapy and as such are available to out of state students. Please go to bit.ly/WMCCSignUp-21 for a complete listing of current available outreach programming.

Finding a therapist at home:

If you want to find a therapist in your area, we encourage you to go to [Psychology Today's website](#) or call the number on the back of your insurance card. Another option is to either contact the University Counseling Center nearest to you to inquire if they have a database for local therapists or to check if their website includes a list of local referrals.

Crisis services:

Crisis services after hours and on weekends are available by calling (757) 221-3620, or the National Suicide Hotline at 1-800-273-8255. For a life-threatening emergency, call 911 right away.