

New Directions Benefit for KCAI Students:
This benefit entails at least 6 sessions of off-campus counseling, completely free. Here is a step by step guide on how to use it:

1-Call this number: 855-340-6487, and tell the operator that you are a Kansas City Art Institute student, and you would like to use your “New Directions S-A-P” benefit to find a therapist

2-Tell the operator preferences about what you are looking for (e.g. preferred zip code/location; experience, gender, speciality, whatever is important to you in a therapist). Let them know the level of urgency you feel as well.

3-Once the operator has gotten you into their computer system she or he will generate a list of therapists. The list will be emailed to you immediately after the call, along with your user ID number. **The ID number equals your payment, so keep that handy on your first visit.**

4-I like to Google people on the list and see if their biographies are online, just to help you make a choice who to call first. Pick the best matches and start calling around to several practices to see if they have openings to get you in.

5-When you leave messages be sure to identify that you have been directly referred to them by New Directions Student Assistance Program, so they understand you are covered.

6-Some of these are private practices, with no secretary, so on your message leave your name, phone number, age and insurance coverage (New Directions)

******HOTLINE NOTE****If you are stressed or confused, you can call this hotline day or night, with support counselors on duty: 1-855-340-6487**