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