



Student Health has partnered with **Caralyst Health**, a convenient platform for finding therapists that are best suited for your individual preferences and needs. All of the therapists on the platform are covered by the Student Health Services Insurance, and all students have free access to Caralyst. The steps to use Caralyst are outlined below. If you need assistance, feel free to reach out to Lyra Morina at [l.morina@wustl.edu](mailto:l.morina@wustl.edu).

How to sign up for Caralyst and generate tailored therapist suggestions:

1. Sign up here using your wustl email: <https://wustl.caralyst.io>
2. Complete a short questionnaire (15 questions) to detail your preferences for a therapist.
3. Review a curated and ranked list of local therapists who match your needs.
4. After 1 month of signing up, you can receive a \$20 gift card by answering a 5-minute survey about your experience finding a therapist and using our platform.