



Financing Psychotherapy through Health Insurance

Psychotherapy can be financed through the compulsory basic insurance as well as through a corresponding supplementary insurance. If you want to finance psychotherapy via the compulsory basic insurance, you need a doctor's order to do so. Depending on the insurance model, you may have to contact your family doctor or you may be free to choose your own doctor. In this case, you can also have the order issued by a psychiatrist of your choice.

If you would like to have psychotherapy financed by your supplementary insurance, you will usually also need an order from a doctor. Before starting therapy, it is advisable to carefully check the reimbursement of costs by your own health insurance. Not every form of therapy is covered by basic insurance, and supplementary insurances usually have restrictions on the amount and/or duration of treatment.

Psychotherapies are carried out by psychological psychotherapists. If additional medication is required, a psychiatrist must be consulted.

Ask your psychotherapist right at the beginning whether he/she has the possibility to charge psychotherapy to the compulsory basic insurance.



Universität
Zürich^{UZH}

ETH zürich

Universitätseinheit

Zürich, 27.04.2023