

How to access a mental health provider:

Commercial Insurance: Go to your insurance website, and perform a search for “therapist, counselor, psychologist, marriage and family therapist, licensed clinical social worker, child and adolescent psychiatrist”. Ideally you would want to find someone who has experience in your child’s age range, and also with their symptoms or known conditions i.e. anxiety, depression, ADHD, etc Tip: If you call several providers and they all tell you they are not accepting new patients, call your insurance provider directly and tell them you need help finding a therapist, and give them the names of the providers listed on the website whom you have called and are full.

Medi-cal: Below is a list of providers in all 58 counties in California. When you are ready, call the number listed and ask for therapy for your child’s symptoms. They will likely ask you for more information about what is going on for your child.

County Mental Health Plan	Phone Number(s)	County Mental Health Plan	Phone Number(s)
<u>Alameda (and City of Berkeley)</u>	(800) 491-9099	<u>Monterey</u>	(888) 258-6029
<u>Alpine</u>	(800) 318-8212	<u>Napa</u>	(800) 648-8650
<u>Amador</u>	(888) 310-6555	<u>Nevada</u>	(888) 801-1437
<u>Butte</u>	(800) 334-6622	<u>Orange</u>	(800) 723-8641
<u>Calaveras</u>	(800) 499-3030	<u>Placer</u>	(888) 886-5401
<u>Colusa</u>	(888) 793-6580	<u>Plumas</u>	(800) 757-7898
<u>Contra Costa</u>	(888) 678-7277	<u>Riverside</u>	(800) 706-7500
<u>Del Norte</u>	(888) 446-4408	<u>Sacramento</u>	(888) 881-4881
<u>El Dorado</u>	(800) 929-1955	<u>San Benito</u>	(888) 636-4020
<u>Fresno</u>	(800) 654-3937	<u>San Bernardino</u>	(888) 743-1478
<u>Glenn</u>	(800) 500-6582	<u>San Diego</u>	(800) 479-3339
<u>Humboldt</u>	(888) 849-5728	<u>San Francisco</u>	(888) 246-3333
<u>Imperial</u>	(800) 817-5292	<u>San Joaquin</u>	(888) 468-9370
<u>Inyo</u>	(800) 841-5011	<u>San Luis Obispo</u>	(800) 838-1381
<u>Kern</u>	(800) 991-5272	<u>San Mateo</u>	(800) 686-0101
<u>Kings</u>	(800) 655-2553	<u>Santa Barbara</u>	(888) 868-1649
<u>Lake</u>	(800) 900-2075	<u>Santa Clara</u>	(800) 704-0900
<u>Lassen</u>	(888) 530-8688	<u>Santa Cruz</u>	(800) 952-2335
<u>Los Angeles - Tri City</u>	(800) 854-7771	<u>Shasta</u>	(888) 385-5201
<u>Madera</u>	(888) 275-9779	<u>Sierra</u>	(530) 993-6746
<u>Marin</u>	(888) 818-1115	<u>Siskiyou</u>	(800) 842-8979

<u>Mariposa</u>	(888) 549-6741	<u>Solano</u>	(800) 400-6001
<u>Mendocino</u>	(800) 555-5906	<u>Sonoma</u>	(800) 870-8786
<u>Merced</u>	(888) 334-0163	<u>Stanislaus</u>	(800) 548-4673
<u>Modoc</u>	(800) 699-4880	<u>Sutter/Yuba</u>	(888) 923-3800
<u>Mono</u>	(800) 687-1101	<u>Tehama</u>	(800) 240-3208
<u>Monterey</u>	(888) 258-6029	<u>Trinity</u>	(888) 624-5820
<u>Napa</u>	(800) 648-8650	<u>Tulare</u>	(800) 320-1616
<u>Nevada</u>	(888) 801-1437	<u>Tuolumne</u>	(800) 630-1130
<u>Orange</u>	(800) 723-8641	<u>Ventura</u>	(800) 671-0887
<u>Placer</u>	(866) 886-5401	<u>Yolo</u>	(888) 965-6647 (888) 400-0022 (Spanish)