

Mental and Behavioral Health Resources

This list has been compiled as a helpful starting point. There are many other wonderful and qualified therapists, child psychologists and psychiatrists in the area, not included in this list. Please call the number on your insurance card for mental/behavioral health services to find which providers are contracted with your insurance. You may have to call several to see who can see you the soonest and who seems to be the best fit for your child. Sometimes a particular therapist's personality or treatment style may not fit with what you feel your child needs. Take some time to get to know your therapist but you can change providers if you do not think they are a good match. Most insurance (with the exception of Tricare) do not require a written referral from your Primary Care Physician for mental/behavioral health.

PLEASE CALL 911 OR TAKE YOUR CHILD TO THE EMERGENCY ROOM IF THEY ARE IN EMMINENT DANGER OF HURTING THEMSELVES OR SOMEONE ELSE.

Suicide Prevention Hotline: 800-273-8255 or <https://suicidepreventionlifeline.org>

MEDI-CAL: Sacramento County Mental/ Behavioral Health Team: 916-875-1055

Sutter Independent Physicians (SIP): LifeStance Health www.lifestance.com 925-282-1778

Hill Physician Medical Group: Community Health Advocate: 833-604-4455

SUTTER HEALTH PLUS: 855-202-0984 US Behavioral Health Plan

WESTERN HEALTH ADVANTAGE:

Optum Behavioral Health: 800-765-6820 www.liveandworkwell.com

UNITED HEALTHCARE: 800-999-9585

SUTTER SELECT/UMR: www.mysutterselect.com

HEALTH NET: MHN Behavioral Health: 800-675-6110 www.mhn.com

BLUE SHIELD: MHSA 510-607-200 www.blueshieldca.com

ANTHEM BLUE CROSS: 800-676-2583 www.anthem.com/ca/find-care

TRICARE: 844-866-9378 www.tricare-west.com

AETNA: 800-624-0756 www.docfind.com

CIGNA: 800-433-5768 Evernorth Behavioral Health