

How to Find a Mental Health Provider

Through Your Insurance	Call your insurance's behavioral health number and ask for a list of providers in your area
	For Medi-Cal or Partnership Health Plan, call Placer County Mental Health at 916-872-6549
Online Directories	Visit growththerapy.com or helloalma.com to find an in-network provider
Through Your Workplace	Contact your Employee Assistance Program
Crisis Numbers (24/7)	
For any safety concerns	Call 911 or go to the closest Emergency Room
Placer County Mobile Crisis Team	916-787-8860. They can meet you wherever support is needed to complete an assessment and provide recommendations
Suicide & Crisis Lifeline	Call 988 or 1-800-273-8255
Crisis Text Line	Text HOME to 741741 to connect with a trained crisis counselor
Local Private Pay/Sliding Scale Options	
Heartstrings Counseling	support@heartstringscounseling.org . Loomis. 916-676-7405
Insights Counseling	Auburn & Roseville. 530-887-1300
Hearts and Hands Counseling	Roseville. 916-676-3548
Known Therapy House	Auburn & Roseville. Accepts Anthem Blue Cross and Partnership Health Plan, Aetna, and Anthem Medi-Cal. 530-264-8804
Kindred Heart Therapy Group	Accepts Partnership Health Plan and other insurance. 530-277-2046
Lighthouse Counseling & Family Resource Center	No cost short-term counseling for Placer Co residents with Medi-Cal or no insurance. Roseville, Rocklin, Lincoln, & Auburn. 916-645-3300
Substance Use	
Granite Wellness	Adolescent and parent programs. Auburn: 530-885-1961, Roseville: 916-782-3737, Lincoln: 916-434-8927
The Pathway Program	Serves ages 13-25. Free initial evaluation, family consultation and support group. Rocklin. 916-234-0097
AA & MA	Free support groups with Al-Anon and Marijuana-Anonymous
Sierra Health & Wellness	Substance use and more. Roseville & Sacramento. Scholarship for free sessions on a first come first serve basis. 530-270-4626
Basic Needs or Other	Dial 211 or search Placer 211 for help with food, housing, and more. Visit BenefitsCal to apply for food, cash aid, and health coverage.