

How to Access Mental Health Services through Private Insurance

Anthem Blue Cross (800-274-7767)

<https://www.anthem.com/provider/behavioral-health/>

Access to a specialty network of Behavioral Health providers, including physicians and therapists, contracted facilities, including both acute care and freestanding specialty hospitals.

Blue Shield of California (800-393-6130)

<https://www.blueshieldca.com/home> → Click Find a Doctor → Click Mental Health Mental health services are covered. No benefits are available for substance abuse conditions unless the optional coverage is selected, or it is medically necessary.

Cigna (800-433-5768)

<https://www.cigna.com/individuals-families/plans-services/plans-through-employer/mental-health> The Cigna Behavioral Health network of licensed mental health providers provides mental health services and follow up case management services, consultations, referral services and outpatient services, including referrals to local community support groups, behavioral coaches, and online resources.

Kaiser Permanente of CA (833-574-2273)

<https://healthy.kaiserpermanente.org/health-wellness/mental-health>

Individual therapy, psychiatry, group therapy, health classes and self-care resources that include online self-assessments, wellness coaching by phone and more.

Oscar Health Plan of California (855-672-2755)

<https://www.hioscar.com/blog/your-mental-health-resources-at-oscar>

Mental health services include talk therapy, group counseling, inpatient and outpatient rehabilitation, and rewards program for increasing your activity level.

Tricare (800-444-5445)

<https://healthy.kaiserpermanente.org/health-wellness/mental-health>

No need for a referral or prior authorization for any outpatient mental health (except psychoanalysis) and substance use disorder (SUD) care. This includes services like therapy and counseling. If you choose a provider outside the network, you may pay higher costs.

Western Health Advantage (800-424-1778)

For University of California Employees (Optum) - Mental Health and Substance Abuse Plan: (888- 440-8225)

<https://www.westernhealth.com/mywha/behavioral-health-benefits/>

Covers mental health services.



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.