Private Insurance Mental Health Options

*\*As each insurance varies, please call your insurance provider directly to inquire about available Mental Health services if you are unable to utilize any of the below listed resources\**

-Utilize the website **Psychology Today** (<https://www.psychologytoday.com/us/therapists?search>=) in order to find a therapist, psychiatrist, treatment center, or support group. This is an easy to use website that allows you to filter: specific insurance type, issues you wish to address, sexuality, gender, age, language, faith, and type of therapy. By entering your specific zip code you can find a provider close to you. It will also provide you with a photo and brief bio of the provider.

-**SmartCare BHCS “Ready for Health” Family Support Services** provides consultation availability for patients and family members seeking information about accessing behavioral health treatment within their primary care setting. SmartCare’s psychiatrists, clinicians and educators are standing by to provide real time consultation for providers and family members to help them identify and address behavioral health concerns and access needed resources.

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| **For More Information or Referral:**  Physician provider phone number: 858-880-6405  email: BHCS.Provider@vistahill.org  Families, please call 858-956-5900  Website: www.smartcarebhcs.org | **PROGRAMS & SERVICES**  Children Ages 0–13  Teen Ages 13–18  Young Adult Ages18–23  Adult Ages 18+  Family | **VISTA HILL MAIN OFFICE**  8910 Clairemont Mesa Blvd.  San Diego, CA 92123-1104  Phone: 858.514.5100  Fax: 858.514.5190  info@vistahill.org |

-**Life Stance Health** (Formally known as **PsyCare)** provides counseling services. Please call [(858) 279-1223](tel:(858)%20279-1223) or go to <https://lifestance.com/> .

- **Psychiatric Centers of San Diego, Incorporated Medical Group (PCSD)** is a group of psychiatrists, therapists, and nurse practitioners who are engaged in a wide range of professional endeavors. PCSD has practiced in San Diego County since 1972, and is conveniently located in ten locations throughout the county. PCSD offers a clinical approach that uses the resources of a multidisciplinary team, and state of the art treatment modalities such as psychopharmacology, individual, couples, family, and group therapy. Please call (619) 528-4600 or go to <https://www.psychiatriccenters.com/>.

- **Coastal Psychiatric Medical** are a private practice of mental health and medical professionals licensed in Psychiatry,  Clinical Psychology, Professional Counseling, Marriage and Family Therapy, and Clinical Social Work. They offer a multitude of services including:

-Medication Management  
-Individual Therapy  
-Play Therapy (Ages 3-12)  
-Couples Counseling  
-Genetic Testing  
-Drug Screening

Please call for New Patient and Follow up appointment availability at: 757-310-6900

- **Family Health Centers of San Diego** provides Individual counseling, adult and child psychiatry, psychological testing for children. Please call (619) 515-2300 or go to <http://www.fhcsd.org/> to schedule an appointment at a location near you.

- **Imperial County Behavioral Health Services** provideIndividual therapy for mental illness and substance abuse treatment. See below for contact info:

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| **Adult Calexico Anxiety & Depression Full Service Partnership Clinic**  (442) 265-6340  1501 W. Imperial Avenue (C) | **Adult Brawley Anxiety & Depression Clinic**  (442) 265-5060  220 Main Street, 2nd Floor (B) | **Adult El Centro Anxiety & Depression Clinic**  (442) 265-7300  313 Waterman Avenue (EC) | **Adult Brawley Mental Health Services Act Recovery Center Outpatient/Full Service Partnership**  (442) 265-5110  229 Main Street (B) | **Mental Health Triage Unit**  (442) 265-1526  202 N. 8th Street, 1st Floor (EC) |
| **Youth and Young Adult Services – El Centro Full Service Partnership Clinic**  (442) 265-1920  1295 State Street, Suite 102 (EC) | **Youth and Young Adult Services – El Centro Anxiety & Depression Clinic**  (442) 265-1970  1295 State Street, Suite 205 (EC) | **Youth and Young Adult Services – Brawley Anxiety & Depression Full Service Partnership Clinic**  (442) 265-5000  1535 Main Street (B) | **Youth and Young Adult Services – Calexico Anxiety & Depression Full Service Partnership Clinic**  (442) 265-6400  101 Hacienda Drive, Suite A (C) |

**-Novell & Novell** are a multidisciplinary team of mental health professionals providing high quality, caring, independent outpatient mental health services to the community since 1990.For a listing of Therapists providing each particular service, please see “Find Therapist based on Specialty” at the bottom of this link: <https://novellcounseling.org/services/>. Or call: (951) 252-9911.

- **Psychiatric Centers of San Diego (PCSD), Child & Adolescent Center** is a group of psychiatrists, therapists, and nurse practitioners who are engaged in a wide range of professional endeavors. PCSD has practiced in San Diego County since 1972, and is conveniently located in ten locations throughout the county. PCSD offers a clinical approach that uses the resources of a multidisciplinary team, and state of the art treatment modalities such as psychopharmacology, individual, couples, family, and group therapy. Please visit their website at: <https://www.psychiatriccenters.com/locations/>. Or call one of the locations listed below:

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| Child & Adolescent Center  1550 Hotel Circle North | STE #450  San Diego, CA 92108  Phone: (619) 692-1581 | Chesapeake  9620 Chesapeake Dr | STE #206  San Diego, CA 92123  Phone: (619) 814-6590 | Chula Vista  1061 Tierra Del Rey | STE #200  Chula Vista, CA 91910  Phone: (619) 498-5454 | **Corporate Office**  PO Box 609001 San Diego, CA 92160  Toll-Free: [(877) 257-7273](tel:(877)%20257-7273)    Phone: [(619) 528-4600](tel:(619)528-4600) | East County  4700 Spring St | STE #220  La Mesa, CA 91942  Phone: (619) 667-3380 |
| Encinitas  328 Encinitas Blvd | STE #100  Encinitas, CA 92024  Phone: (760) 730-4540 | Escondido  221 West Crest St | STE #102  Escondido, CA 92025  Phone: (760) 489-4930 | Mission Valley  5353 Mission Center Rd | STE #224  San Diego, CA 92108  Phone: (619) 688-5855 | Rancho Bernardo  11770 Bernardo Plaza Ct | STE #370  San Diego, CA 92128  Phone: (858) 673-3360 | San Marcos  277 Rancheros Drive | STE #301  San Marcos, CA 92069  Phone: (760) 471-4073 |

- **UCSD Child & Adolescent Psychiatry Services** provides Psychiatric and counseling services   
Ages 6-17. Please contact them at: (858) 534-7792 Direct Clinic Line/(858) 926-8273 New Patient Registration.8950 Villa La Jolla Dr., Suite C101,La Jolla, CA 92037.