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

-**Life Stance Health** (Formally known as **PsyCare)** provides counseling services. Please call (858) 279-1223 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) 265-63401501 W. Imperial Avenue (C) | **Adult Brawley Anxiety & Depression Clinic**(442) 265-5060220 Main Street, 2nd Floor (B) | **Adult El Centro Anxiety & Depression Clinic**(442) 265-7300313 Waterman Avenue (EC) | **Adult Brawley Mental Health Services Act Recovery Center Outpatient/Full Service Partnership**(442) 265-5110229 Main Street (B) | **Mental Health Triage Unit**(442) 265-1526202 N. 8th Street, 1st Floor (EC) |
| **Youth and Young Adult Services – El Centro Full Service Partnership Clinic**(442) 265-19201295 State Street, Suite 102 (EC) | **Youth and Young Adult Services – El Centro Anxiety & Depression Clinic**(442) 265-19701295 State Street, Suite 205 (EC) | **Youth and Young Adult Services – Brawley Anxiety & Depression Full Service Partnership Clinic**(442) 265-50001535 Main Street (B) | **Youth and Young Adult Services – Calexico Anxiety & Depression Full Service Partnership Clinic**(442) 265-6400101 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 Center1550 Hotel Circle North | STE #450San Diego, CA 92108Phone: (619) 692-1581 | Chesapeake9620 Chesapeake Dr | STE #206San Diego, CA 92123Phone: (619) 814-6590 | Chula Vista1061 Tierra Del Rey | STE #200Chula Vista, CA 91910Phone: (619) 498-5454 | **Corporate Office**PO Box 609001San Diego, CA 92160Toll-Free: (877) 257-7273    Phone: (619) 528-4600 | East County4700 Spring St | STE #220La Mesa, CA 91942Phone: (619) 667-3380 |
| Encinitas328 Encinitas Blvd | STE #100Encinitas, CA 92024Phone: (760) 730-4540 | Escondido221 West Crest St | STE #102Escondido, CA 92025Phone: (760) 489-4930 | Mission Valley5353 Mission Center Rd | STE #224San Diego, CA 92108Phone: (619) 688-5855 | Rancho Bernardo11770 Bernardo Plaza Ct | STE #370San Diego, CA 92128Phone: (858) 673-3360 | San Marcos277 Rancheros Drive | STE #301San Marcos, CA 92069Phone: (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.