

## How to Obtain a Community Mental Health Provider

**MediCal** (also referred to as Carleton and previously Partnership)

*Mild-moderate concerns:* visit a private practice provider in the community.

- Go to <https://shs.santarosa.edu/sites/shs.santarosa.edu/files/documents/Medi-Cal%20Finding%20a%20Partnership%20Provider%207.23.pdf> (which details the way you can do an Internet search to find lists of a large number of providers)
- You can filter your search in a variety of ways, such as male vs female provider, if they have openings, if they speak a certain language.

*Moderate-severe concerns* (including Bipolar Disorder, Schizophrenia, extensive suicidal thinking, extensive case management):

- Make an appointment at a community health clinic, listed at <https://aliadoshealth.org/enrollment/>.
- You will first see a primary care provider who can then arrange for you to see mental health therapist.

### **Kaiser**

- Make an appointment with your Primary Care Provider (PCP) or new PCP at Kaiser.
- If you've never been in contact with anyone at Kaiser, make an appointment for a general check-up.
- Once you meet with the provider, explain your mental health concerns, and make sure to indicate that they are significant and meeting with an individual therapist weekly is really needed.
- The PCP should explain the referral process, and a member of the referral team will contact you.
- Many patients are then offered the option to meet with someone through an external, contracted agency.
- The co-pay when visiting an external provider will be the same as what you pay at Kaiser.

**Commercial Insurance** (eg Blue Cross, Blue Shield, Cigna, Aetna, GeoBlue and a bunch more)

- Your insurance company can give you a list of participating providers. To obtain this information, call the Member Services number listed on the back of your insurance card or log into the company's online portal.
- You can also use search engines and filter by this insurance, on the Internet sites such as [Headway](#), [Two Chairs](#), [Grow Therapy](#), [HelloAlma](#), [Psychology Today](#), [Redwood Psychological Association](#), and [RECAMFT](#).
- The first four of these will give you times when a provider has openings. For the last three, you will need to call many providers, 10 at a time, to get a call back from someone who has an opening.
- Another local option is [www.psychstrategies.com](http://www.psychstrategies.com) a local group practice with many providers.

### **No Insurance**

- First, consider if you are eligible for MediCal, and if so, start an application (<https://aliadoshealth.org/enrollment/>).
- Meanwhile, while waiting for MediCal, remote therapy is available at several places. For 10 sessions of free therapy, contact [www.jewishfreeclinic.org](http://www.jewishfreeclinic.org) (available to anyone).
- Longer free (or extremely low cost) remote video therapy is available at <https://www.liberationinstitute.org> and [www.onthemargins.us/new-client](http://www.onthemargins.us/new-client).