



Mental & Behavioral Health Resources

Suicide Prevention Hotline

800-273-TALK

-or-

988

Crisis TextLine

Text HOME to 741741

211 to find Behavioral Health Services in your area during a crisis

[How do I find a therapist?](#)

Hemophilia Federation of America

- **[Mental Health Resources](#)**
- **[Patient Assistance Portal](#)**
- **[COVID Resources](#)**

[Mental Health Matters Too](#)

[California Council of Community Behavioral Health Agencies](#)

[Let's Talk – Mental Health](#)

[JED Foundation](#) – for teens and young adults

[California Resources for Emotional Support & Well-Being](#)

- CalHOPE Peer-Run Warm Line. Call 833-317-HOPE (4673) Monday through Friday from 7 AM to 11 PM for COVID-19 specific non-emergency support. **<https://www.calhope.org/>**

- **California Warm Peer Line.** Call 855-845-7415 for 24/7 non-emergency support to talk to a peer counselor with lived experience.
- **California Youth Crisis Line.** Youth ages 12-24 can call or text 800-843-5200 for 24/7 crisis support.
- Teens can talk to another teen by texting TEEN to 839863 from 6 PM to 9 PM or call 800-852-8336 from 6 PM to 10 PM.
- Older Californians can call the **Friendship Line** 888-670-1360 for 24/7 support (60 or older and adults living with disabilities).
- If you have **Medi-Cal** and are in need of mental health services, call the number on your health plan membership card, or call your [local county mental health line](#). For help finding what services are covered, call the [Medi-Cal Managed Care and Mental Health Office of the Ombudsman](#) at [888-452-8609](#) Monday through Friday from 8am – 5pm. For Behavioral Health Services, dial 1-877-344-2858 (TTY 1-800-735-2929)
- Medi-Cal also has the **Specialty Mental Health Services (SMHS) Waiver Program**, so you can access SMHS through County Mental Health Plans.
- If you have a health plan through your **employer or purchase your own** health insurance, and are in need of mental health services, call the number on your health plan membership card.
- If you feel like you are coping with your stress by drinking or taking drugs, there is help available from the [substance use disorder programs in your county](#) or call the national treatment locator at [800-662-HELP](#).
- Call the [California's Aging and Adult Information local service line](#) at [800-510-2020](#) for help finding information and assistance in your area.

If you are a patient on GHPP (Genetically Handicapped Persons Program)

- Mental Health Services are listed under the benefits:

<https://www.dhcs.ca.gov/services/ghpp/Pages/Benefits.aspx>

- The referral must come from your Special Care Center (SCC) or Primary Care Physician (PCP). If you think that you need to see a specialist, contact your SCC physician or nurse coordinator to obtain a referral. The specialist must be a Medi-Cal Provider and willing to accept Medi-Cal rate for payment and must coordinate the care with your SCC and PCP.

[MentalHealth.gov](https://www.mentalhealth.gov)

- SAMHSA Treatment Referral Helpline 877-726-4727 for general information on mental health and to locate treatment services in your area. Live assistance Monday through Friday 8 AM to 8 PM Eastern.
- Available help if you have been denied coverage, reached a limit on your plan, or have an overly large co-pay or deductible. Mental Health and Substance Use Disorder Coverage Parity laws require most health plans to apply similar rules to mental health benefits as they do for medical/surgical benefits. For more information:
<https://www.mentalhealth.gov/get-help/health-insurance>

Online Counseling

- **TeenCounseling.com** (*teens*)
<https://www.teencounseling.com/>
- **Talk Space** (*general individual*)
<https://www.talkspace.com/>
- **BetterHelp** (*general individual*)
<https://www.betterhelp.com/>
- **ReGain** (*couples*)
<https://www.regain.us/>

- **Pride Counseling (LGBTQ)**
<https://www.pridecounseling.com/>

Online Comprehensive Psychiatric Services

- **Cerebral**
<https://getcerebral.com/>

Meditation and relaxation

A guide to apps for mental health:

<https://psychiatry.ucsf.edu/copingresources/apps>

At the previous link, you can find more information about:

- [Headspace](#): Two-week free trial for the general public.
- [Calm](#): Seven-day free trial. A meditation, sleep, and relaxation app that also provides resources specifically for coping with COVID-19 anxiety.
- [Stop, Breathe & Think](#): Always free, and for kids, too.
- [Insight Timer](#): Always free. This is not a daily app, but rather a great library where you can search for various types of meditations and lengths by excellent teachers.
- [10% Happier](#): Free and paid options available. Health care providers can use redemption code HEALTHCARE to unlock all content.
- [UCLA Mindful App](#): Free and has meditation by Diana Winston.
- [Mindfulness Coach](#): Mindfulness Coach 2.0 was developed to help veterans, service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice.

Coping with Stress and Anxiety

- **Sanvello**: Clinically validated techniques for reducing stress and treating anxiety and depression
- **Happify**: Some free content, including stress reduction and cognitive techniques to address anxiety.
- **MindShift CBT**: Free content, including cognitive behavioral therapy strategies to address general worry, social anxiety, and panic.
- **PTSD Coach**: Created by VA's National Center for PTSD and the Department of Defense's National Center for Telehealth & Technology. This app provides you with education about post-traumatic Stress Disorder (PTSD), information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.
- **PTSD Family Coach**: In conjunction with PTSD Coach, the PTSD Family Coach app is for family members of those living with PTSD. The app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help your loved one get the treatment they deserve.
- **Mothers and Babies Online Course**: Available in both English and Spanish, this online course teaches skills to manage changes in how you feel. Designed for pregnant women, new mothers, and those who want to support them.

Insomnia

- **CBT-i Coach**: Free cognitive behavioral therapy for insomnia, available for iOS and Android.

Guides to Navigating Mental Health

- **NAMI's Navigating a Mental Health Crisis guide:**
<https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis>
- **Navigating the Currents: A Guide to California's Public Mental Health System**
<https://www.fmhac.org/uploads/1/2/4/4/124447122/navigatingthecurrents.pdf>
- **Navigating The Challenges of Medi-Cal's Mental Health Services in California: An Examination of Care Coordination, Referrals and Dispute Resolution**
<https://9kqp4dcaw91s37koz5jx17-wpengine.netdna-ssl.com/wp-content/uploads/2018/11/NHeLP-BSCF-Report-11-2-18-1.pdf>