



Find Help in Times of Crisis



Mental Health Resources

Just like physical health problems, we often face mental health problems – both are real, common, treatable, and need to be taken seriously.

If you think you need therapy for mental health, here are steps you can follow to make sure you get the care you need:

- Contact your health insurance**
 - Call the phone number on your insurance card under Behavioral Health or Mental Health and request a list of therapists available.
 - If there is not a number listed for these services, call the Member Services number on your insurance card.
 - Your health plan's website may also have additional mental health and wellness resources as well as a directory of providers that you can search online.
- You may also find a therapist by searching a reliable website online such as Psychologytoday.com or Goodtherapy.org.**
 - These online directories allow you to search for services by insurance as well as by provider specialty and location.
- Expect to call at least 10 therapists to find one who has an available appointment**

Mental health problems are nothing to be ashamed of and your providers at UC Davis Health are here to help you get the care you need.



National Suicide Prevention Lifeline

1-800-273-TALK (8255)
Español:
1-888-628-9454
TTY: Use your preferred relay service or dial 711 then 1-800-273-8255



988 Suicide and Crisis Lifeline

Directly connects with a mental health professional

Veterans – press 1 after dialing 988 to access the Veterans Crisis Lifeline directly; or text 838255



Available 24 hours a day, 7 days a week



Tips for Finding A Therapist



2315 Stockton Blvd
Sacramento, CA 95817
800-2-UC-DAVIS
(800-282-3284)
health.ucdavis.edu



Types of Mental Health Providers

Marriage and Family Therapists (MFT)

These therapists are trained to assess mental health and may use different types of therapy. Depending on where they work, they may be called counselors, therapists, or clinicians. Providers with an MFT license provide various types of therapy for individuals, families, and groups.

Licensed Clinical Social Worker (LCSW)

Trained to assess mental health and may use different types of therapy. Social Workers provide various types of therapy for individuals, families, and groups.

Psychologist

A Psychologist holds a degree in clinical psychology, counseling, or education. They use interviews and testing to assess a person's mental health. They provide various types of therapy for individuals, families, and groups.

Psychiatrist

Psychiatrists are licensed medical doctors who specialize in mental health. They can diagnose mental health conditions, prescribe medications, and provide therapy.

Psychiatric Mental Health Nurse Practitioners (PMHNPs)

These Advanced Practice Registered Nurses are master's or doctoral prepared and are certified by the American Nurses Credentialing Center. They provide a full range of primary mental health care services and treatment, including medication and psychotherapeutic management.

When calling your health insurance, consider asking for the following information:

- A list of therapists who are accepting new patients
- If desired, specify therapists by
 - Location (find one near where you live)
 - Specialty (for example, eating disorders, addiction, anxiety, depression)
- Virtual, online services, or in-person video sessions can be as effective as in-person appointments.
- You can request referrals that consider your preferences about the provider's gender, ethnicity, race, culture, or language.
- If you are unable to find a provider after contacting the referrals offered, call your health plan and ask for help. Specifically, ask if a Mental Health or Behavioral Health Case Manager is available. They may be able to provide additional help if you are having difficulty finding a therapist.

Contacting a provider

After you have a list of therapists, finding one who can help you will require time and patience.

Due to a high demand for mental health services, not all providers have appointments available. You may need to contact 10 or more therapists to find the right one who has an available appointment. Here are some tips to help with the process:

- Send emails, texts, and make phone calls to connect with available therapists
- Keep track of the contacts you make and make notes as you go
- Consider making a list of questions you will want to ask each therapist
- Most therapists are in private practice without staff to answer phones or reply to emails
 - Expect to leave a clear, brief message if you call and consider also sending an email
- When your message is returned, ask clear information about the services offered, cost, and office policies and confirm that the provider accepts your health insurance

Many therapists offer a free, brief phone consultation to talk about your concerns. This is a valuable opportunity for both you and the therapist to decide if this is a good fit. Ask about this option in your first message.

To make the process easier, consider setting aside five minutes each day to make calls.

The following is information you may want to have available to give to the therapist:

- Whether the evaluation or therapy has been recommended by your doctor
- Your insurance information
- The times you are available for return calls and appointments and your preference for in-person or online sessions

- One to two brief sentences about the concern for which you are seeking help:

"I worry constantly and am unable to sleep at night."

"I have feeling of hopelessness and sadness that doesn't seem to go away."

"I have trouble getting things done and have little to no interest in food."

"I've been a worrier all my life but now it seems like it's getting worse."

"Everything seems hopeless some days. I am irritable all the time and I argue with my spouse over things that didn't used to bother me."

"My family and people at work are concerned about my mood swings. I want to know if there really is a problem."

Therapy is a personal relationship that requires building trust. You may need to meet with several therapists to find a good fit
