

Counseling Services Referral List for Regional Campuses

Finding a Therapist in the Community Counseling Center, University of Redlands

Revised 1/2020

Finding a therapist can be hard. It takes patience, intuition, and some work on your part. We hope that the information we provide here will help you in this process.

If you are **not** using insurance to pay for mental health services:

You have two options.

1. Depending on the fee that you are willing to pay, you may contact clinicians directly on the list, who may have fees in the range \$100 to \$200 per hour or you may contact one of the agencies listed in our low-cost and sliding scale section and schedule an appointment. They may ask you, generally, what you are struggling with. It is good to be prepared with a few sentences here. Inquire about session fees. These agencies often charge different fees depending on the training/experience of the therapist, i.e., the fees of unlicensed therapists are less than those of licensed therapists.
2. Review our provider list and their specialty areas to identify several individual providers who meet your needs. You may review their websites, if we have listed one. To find out additional information about a provider, use Psychology Today's website: www.psychologytoday.com or the Counseling California website: www.counselingcalifornia.com. Click, "Find a Therapist," and type in the last name of the therapists you have identified from our list. If the individual has a profile on the website, you can read more about them to get a feel for who they are and how they practice. If there is a link to the provider's personal webpage on the website, peruse that as well. When you have landed on a few people who feel right for you, call and let them know you are a University of Redlands student and that you'd like to schedule an initial meeting for psychotherapy. Ask them their session fee. They may ask you, generally, what you are struggling with. Be prepared with a few sentences here.

If you will be using the UofR's student health insurance plan:

Visit <https://wellfleetstudent.com/careconnect/> to get started. Student members in need of assistance may call 1-888-857-5462 to be immediately connected with a counselor. CareConnect counselors will provide in-the-moment support and determine the most clinically appropriate next step. This includes counseling, or referrals to the Student Health Center, medical provider, or emergency services.

Some of the providers in this list are in network. For a full list of providers covered by the UofR's insurance, visit <https://www.studentinsurance.com/Schools/?Id=1383> Go to "Find A Doctor", choose "Cigna Open Access Plus (OAP)", then search for a provider.

To find out additional information about a provider, use Psychology Today's website: www.psychologytoday.com or the Counseling California website: www.counselingcalifornia.com, as outlined above, in #2. When you have landed on a few people who feel right for you, call and let them know you are a University of Redlands student, you have the UofR student health insurance plan, and you would like to schedule an initial meeting for psychotherapy. The provider may ask you, generally, what you are struggling with. Be prepared with a few sentences here. Ask the provider their session fee.

The UofR's student health insurance plan requires a one-time payment deductible before receiving services. After the deductible is paid, mental health is covered at 80% in network so students are responsible for 20%. There is no copay.

If you will use another health insurance plan, that is not the UofR's student insurance:

First, contact your insurance company and inquire about the following:

1. I'd like to see a mental health professional. How do I go about doing this?
2. Be sure to ask if you need a referral from your general physician in order to begin psychotherapy.
3. Ask for a list of mental health providers in your area who are on your insurance panel.
4. Ask if you are permitted to go out-of-network to find a provider. If so, ask about this process, i.e., inquire about any required documentation you must submit.
5. Ask for the amount of your co-pay for both in-network and out-of-network.
6. Ask if there is a limit to the number of sessions offered and if so, ask what that is.
7. Ask if there are any steps you need to take in addition to finding a provider, scheduling the appointment, providing your insurance card, and paying the co-pay.

If you want to go in-network, compare the provider list you received from your insurance company with our referral list in order to identify several providers who are local, who take your insurance, and who meet your needs. To find out additional information about a provider, use Psychology Today's website: www.psychologytoday.com or the Counseling California website: www.counselingcalifornia.com, as outlined on the previous page, in #2. Also, when you contact a provider, let them know you will be using insurance and have your insurance card ready so that they can verify your insurance.

If you want to go out-of-network, identify several providers from our list who are local and who meet your needs. To find out additional information about a provider, use Psychology Today's website: www.psychologytoday.com or the Counseling California website: www.counselingcalifornia.com, as outlined on the previous page, in #2. Even though this provider is out-of-network, they may want to verify your insurance. Have your insurance card ready.

If you have Kaiser and plan to use Kaiser for mental health services:

If you are from Southern California and are already registered with Kaiser (Southern California), contact your primary care physician and request a referral to a mental health provider. The person may need to see you in person or may complete the referral without an office visit. You will then be scheduled for an intake session with a Kaiser mental health professional. That person will conduct a thorough intake interview and will provide more information about their services, given the information that they gather from you. They may refer you for individual psychotherapy or group therapy or both.

If you are from Northern California or another area, you will first need to go through the process of transferring your insurance information to Kaiser (Southern California). Then, you will go through the process outlined in the paragraph above.

Burbank Regional Campus

Executive Plaza 333 N. Glen Oaks Blvd. Suite 630, Burbank, CA 91502

Disclaimer: We cannot offer any guarantee regarding the quality of these providers' services. Please use your judgment when selecting a therapist, psychologist, or psychiatrist.

BURBANK REGIONAL CAMPUS

Family Service Agency of Burbank- <https://familyserviceagencyofburbank.org>

Contact: 24-hour hotline: (818) 845-7671

Location: 2721 W Burbank Blvd, Burbank CA 91505

Specialty: Anger Management, Art, Play and Sound Therapy, Batterer's Intervention Program, Coming Home Military Outreach Program, Counseling for Individuals (Youth, Teen & Adults), Couples, Couples Domestic Violence Counseling, Family Violence Program to Survivors, Monitored Visitation & Safe Exchange, Transitional Housing.

Rates/Insurance: Please call to verify.

Hope Therapy Center- <https://www.hope-therapy-center.com>

Contact: (310) 853-3638

Location: 2211 W. Magnolia #145, Burbank, CA 91506

Specialty: Therapy can provide support, problem-solving skills, and enhanced coping strategies for issues such as depression, anxiety, bipolar disorder, relationship troubles, unresolved childhood issues, grief, stress management, body image issues and creative blocks.

Rates/Insurance: On occasion based on certain plans they may offer to direct bill your insurance. They may be able to direct bill: SAG/AFTRA, Motion Picture Health and Welfare, United health care PPO, Optum PPO, Writer's Guild or Anthem Blue Cross PPO. They will prepare a billing statement you can submit to your insurance for possible reimbursement.

\$60 - \$140 (Associate Therapist, Supervised by Licensed Therapist)

\$120 - \$250 (Licensed Therapist) Please visit their website for an extensive description on Fees.

Michael Porco, LMFT

Contact: (310) 307-3961

Location: 628 S San Fernando Blvd, Burbank, CA 91502

Specialty: Relationship Issues, Anxiety, Depression, Behavioral Issues

Rates/Insurance: \$150-\$200 per session, Sliding Scale Available, Accepts Beacon, CHIPA, Cigna, Health Net, Kaiser (Out-of-Network), MHN, TRICARE, Value Options, Out of Network.

Caroline Madden, MFT

Contact: (626) 644-1609

Location: 353 East Angeleno Ave, Suite B, Burbank, CA 91502

Specialty: Therapy for adults who are worried about their relationship, having problems at work, coping with depression, feeling overwhelmed, or have issues regarding their sexuality. I am especially helpful to individuals who are trying to decide whether or not to stay in their current relationship and/or people dealing with issues relating to affairs.

Rates/Insurance: \$140-\$150, accepts all PPO insurance.

Aviva Family and Childrens Services Community Mental Health- <https://www.aviva.org>

Contact: Main (213) 637-5000, Intake (323)876-0550 x0

Location: 3580 Wilshire Boulevard, 8th Floor, Los Angeles, CA 90010

Specialty: Transitional age young adults; Lesbian, gay, bisexual, or transgender (LGBT) clients; Persons who have experienced trauma; Persons with post-traumatic stress disorder (PTSD); Children/adolescents with serious emotional disturbance (SED)

Rates/Insurance: Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid.

Payment Assistance Available: Payment assistance (check with facility for details); Sliding fee scale (fee is based on income and other factors)

Southern California Counseling Center- <https://sccc-la.org/>

Contact: (323) 937-1344

Location: 5615 West Pico Blvd., Los Angeles, CA 90019 (other locations available)

Specialty: Individual, couple, group and family counseling services address the full range of mental health issues, including trauma, loss and grief, family conflict, parent/child problems, domestic violence, work difficulties, and disorders such as depression, anxiety and PTSD among many others.

Rates/Insurance: Fees for a counseling session slide on a scale between \$16 and \$91. To determine your fee, they look at your household income, financial resources and circumstances. **SCCC does not accept insurance.**

For VETERANS Services, please follow the links below:

<https://www.va.gov/health-care/health-needs-conditions/mental-health/>

VA CRISIS LINE INFORMATION:

<https://www.veteranscrisisline.net/>



San Diego Regional Campus
2020 Camino Del Rio North, Suite 900, San Diego, CA 92108

Disclaimer: We cannot offer any guarantee regarding the quality of these providers' services. Please use your judgment when selecting a therapist, psychologist, or psychiatrist.

SAN DIEGO REGIONAL CAMPUS

Samahan Health Centers- operationsamahan.org

Contact: 844-200-2426

Location: Check website for multiple locations in San Diego including, National City, Mira Mesa and Rancho Peñasquitos.

Services: Assessment and Referral, Individual and family psychotherapy for children, teens, and adults of all ages, Psychiatric Services for children and adults, Group Therapy, Positive parenting, Limited Case Management / Resources... and more

Rates/Insurance: Samahan Health Centers is a Federally Qualified Health Center (FQHC). However, they do take all patients whether you have insurance or not. If you don't have insurance, you can either pay for your services out of pocket, or apply for the sliding fee program and pay a discounted fee if you qualify. They accept cash, credit card, and checks. In most cases, billing statements will be sent out monthly. Payment arrangements are also possible.

Rogers Behavioral Health- rogersbh.org

Contact: 800-767-4411

Location: 17140 Bernardo Center Dr
3rd Floor
San Diego, CA 92128

Services: Treatment for Alcohol or drug addiction, Anxiety disorder or obsessive-compulsive disorder (OCD), Co-occurring or multiple conditions, Posttraumatic stress disorder (PTSD), Depression or other mood disorder, Mental health and co-occurring addiction, Eating disorders, Anxiety and depression in children and teens in ASD

Rates/Insurance: Most Aetna, Blue Cross and Blue Shield, Cigna, Humana and United plans.

Medicare covers only inpatients services and coverage varies by age and health maintenance organization (HMO) enrollment. Medicaid coverage is dependent upon age and levels of care (exclusions apply).

For individuals and families ineligible for full financial assistance, Rogers will grant partial financial assistance to those with an annual household income between 100 and 400% of the Federal Poverty Guidelines.

Narrative Initiatives San Diego (NISD)- <https://www.nisd counseling.org/>

Contact: 619-786-7184

Location: 3636 Fifth Ave, San Diego, CA 92103

Services: NISD offers affordable counseling for individuals, couples, families and groups.

Their trained therapists can work with you in Cantonese, English, Farsi, French, German, Japanese, Spanish, Toisanese, Turkish and Vietnamese for a range of difficulties including: Stress management, Chronic pain and health conditions, Relational difficulties for couples, friends, work settings, Dealing with depression, Anxiety, Eating issues/body image, Parent-child concerns, Trauma, Grief and loss, Life transitions, LGBT related concerns.

Rates/Insurance: NISD is committed to offering affordable counseling services to help reduce the barriers for people seeking mental healthcare. Their fees are between \$25-50/session, depending on the level of experience

of the therapist you select. They also offer discounted fees to college students and registered members of the Open Path Collective, which shares our mission of making therapy affordable and accessible. ***This is a nonprofit agency.***

Nestor Community Health Center- ibclinic.org

Contact: 619-429-3733

Location: 1016 Outer Road, San Diego CA 92154

Services: They provide counseling for mental illness, and help you connect with community support programs, day treatment programs, substance use disorder programs, in-patient alcohol detox programs, and crisis housing programs. To ensure treatment of the whole patient, IBCC offers: Individual counseling, Psychiatry, Group classes, Addiction treatment.

Rates/Insurance: They accept a broad range of payment and insurance plans, including Medi-Cal, Medicare and private insurance. Please be prepared to pay your co-payment at the beginning of your appointment. *If you do not have insurance, you can apply for their sliding fee discount program. Through this program, they offer visits as low as \$35 (based on your income and family size).*

Center for Community Counseling & Engagement-<http://www.centerforcommunitycounseling.org/>

Contact: 619-594-4918

Location: 4283 El Cajon Blvd. Suite 215, San Diego CA 92105

Services: (CCCE) is a non-profit community center providing low-cost counseling services to individuals, couples, and families within San Diego. CCCE is a training facility operated by San Diego State University, which provides hands-on education for graduate students in the Master's degree programs in the Department of Counseling and School Psychology. Counseling services are provided by pre-licensed trainees in the fields of Marriage and Family Therapy and Community-based Counseling. Trainees are supervised by licensed therapists, psychologists and/or supervisors accredited by the American Association of Marriage and Family Therapy (AAMFT) as well as members of SDSU's Counseling and School Psychology faculty.

Rates/Insurance: They accept various insurance and their fees are among the lowest in the county, they also offer an affordable sliding scale based on household income and number of dependents for those in financial need. *This is a nonprofit agency.*

San Ysidro Health Health Center- <http://www.syhc.org/services/behavioral-health/>

Contact: 619-662-4100

Location: 1136 D Ave, National City CA 91950

Services: Short-Term Therapy, Psychiatric Prescriptions/Medication Management, Individual, Group, Family Therapy, Couples Therapy, Case Management, Crisis Intervention, Psychological Assessments, Parenting Workshops, Psychoeducation, Substance Abuse Treatment.

Rates/Insurance: If you have government-issued medical insurance, such as Medi-Cal, you may qualify for medical care at no cost to you. Otherwise, you can apply for their affordable sliding scale fee discount program, or request a self-pay payment plan. Regardless of your ability to pay, San Ysidro Health will work hard to meet your medical needs. *This is a nonprofit agency.*

Community Heights Family Medicine- <https://www.mtnhealth.org/services/behavioral-health/>

Contact: 619-445-6200

Location: 4609 El Cajon Blvd., San Diego CA 92115

Services: Mountain Health's Behavioral Health Department delivers expert behavioral and/or emotional intervention services by collaborating with individuals and families desiring to achieve balance within their lives.

Rates/Insurance: Medi-Cal, Medi-Cal Managed Care, Medicare, AIM, Blue Cross EPO, Blue Shield, Blue Cross, Health Net, Sharp, Aetna, United Health Care, UHC Military West (Tricare), Workers Compensation, and Community Care IPA. *Sliding Fee Scale available.*

Family Health Centers of San Diego- <https://www.fhcsd.org/mental-health-services/>

Contact: 619-515-2300

Locations: Please visit website for multiple clinic locations.

Services: Individual, Couples, Family & Group Counseling for children, transitional age youth, adults and older adults. Adult & Child Psychiatry & Counseling Clinic, School and Home-Based Services, Psychological Testing for Children & Adults.

Rates/Insurance: All major insurance accepted. For questions call 619-515-2363 or send an e-mail to enrollment@fhcsd.org. Reduce Scale Fee also available.

For additional providers please click (Ctrl+Click) the link below:

https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/homepage/FFS_Directories/PS-3_FFS_Provider_Directory_by_Region.pdf

For VETERANS Services, please follow the links below:

<https://www.va.gov/health-care/health-needs-conditions/mental-health/>

VA CRISIS LINE INFORMATION:

<https://www.veteranscrisisline.net/>



Temecula Regional Campus
One Better World Circle, Suite 200, Temecula, CA 92590

Disclaimer: We cannot offer any guarantee regarding the quality of these providers' services. Please use your judgment when selecting a therapist, psychologist, or psychiatrist.

TEMECULA REGIONAL CAMPUS

V. Depala, MD- <https://www.drdepala.com/>

Contact: 951-737-5787

Location: 27349 Jefferson Avenue, (The Courtyard Building), Suite 109, Temecula, CA 92590

Services: Dr. Depala provides treatment for a variety of psychiatric conditions and his expertise includes: Anxiety, Depression, Panic Disorder, Bipolar Disorder, Schizophrenia, Dementia, ADD/ADHD (Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder), Autism /Pervasive Developmental Disorder/ Asperger's disorder, Oppositional Defiant Disorder, Parenting Problems, School Refusal, Eating Disorders, Obsessive Compulsive Disorder, Trauma & Post Traumatic Stress Disorder (PTSD), Alcohol & Drug Dependence, Chemical Dependency with dual diagnosis, Marital & Relationship conflict

Rates/Insurance: Aetna, Anthem Blue Cross, Blue Shield of California, Magellan, MHN, Value options.

MCR Behavioral Health Services- www.mcrbehaviorthealth.com

Contact: (951)506-9112

Location: 32605 Temecula Pkwy, STE 219, Temecula, CA 92592

Services: Treatments specializing in Depression and Treatment Resistant Depression, Insomnia, Mood Disorders, including different levels of the Bipolar Spectrum, Dual Diagnosis in individuals with Addictions, Mood Disorder (eg. Bipolar Disorder), Social Phobias, Obsessive Compulsive Disorder (OCD), Psychosis due to General Medical Condition, Psychosis or Mood Disturbances in Intellectually, Challenged Patients, Tourette's Disorder, Chronic Motor or Vocal Tic Disorder, Trichotillomania, Schizophrenia

Rates/Insurance: Blue Shield, Aetna, TriCare/TriWest, United Behavioral Health, Pacific Care, O.E. Health & Welfare Fund, Cigna, UMR, Medicare. If you are covered by an insurance that they do not contract with, they will provide you with the information for you to bill your carrier directly.

Temecula Mental Health Adult Services- <https://www.rcdmh.org/adult-services>

Contact: 951-600-6300

Location: 40925 County Center Drive, Suite 200 (2nd Floor), Temecula CA 92591

Services: Services include crisis intervention, psychiatric assessments, recovery management, medication services, case management, and dual-diagnosis treatment.

Rates/Insurance: Please call for more information.

Linda Epstein-Graval, LMFT- <https://www.temeculavalleypsychotherapy.com/index.html>

Contact: 951-795-8142

Location: 28581 Old Town Front Street, Suite 212, Temecula, CA 92590

Services: Providing individual, couples and family counseling.

Rates/Insurance: Visit website for more information on fees.

Valley Resource Center- <https://www.valleyresourcecenter.org/mental-health>

Visit the link to find an extensive list of low-cost and free local resources. Explore categories to discover the various nonprofits, local organizations, and events that provide services and products for those who qualify.

Neighborhood Healthcare- <https://www.nhcare.org/services/behavioral-health-services>

Contact: 951-225-6400

Location: 41840 Enterprise Circle North, Temecula, CA 24316

Services: Providing individual, couples and family counseling.

Rates/Insurance: Sliding scale of fees based on income. Uninsured, Underinsured, Insurance, Medicare, Medicaid.

For VETERANS Services, please follow the links below:

<https://www.va.gov/health-care/health-needs-conditions/mental-health/>

VA CRISIS LINE INFORMATION:

<https://www.veteranscrisisline.net/>



Riverside Regional Campus
3610 Central Ave., Suite 101, Riverside, CA 92506

Disclaimer: We cannot offer any guarantee regarding the quality of these providers' services. Please use your judgment when selecting a therapist, psychologist, or psychiatrist.

LifeSource Affordable Counseling- <https://www.affordablecounselingservices.org/>

Contact: 951-682-7143

Location: 7177 Brockton Avenue, Rock Creek Business Centre, Suite 452, Riverside, CA 92506

Services: Individual counseling, family counseling, couples counseling, support & empowerment groups, trauma therapy, clinical hypnotherapy, psychological assessments.

Rates/Insurance: Counseling sessions at Life Source are provided on a sliding scale basis, with a minimum of \$30.00 per 50 minute session. Victims of Crime Compensation is accepted. Please note that because they offer affordable counseling rates, they are not able to accept insurance. Call for information and rates for Group therapy.

The Lehman Center Adult Services- <https://www.rcdmh.org/Adult-services>

Contact: 951-358-4625

Location: 9990 County Farm Rd, Suite 5, Riverside, CA 92503

Services: Crisis intervention, psychiatric assessments, recovery management, medication services, case management, and dual-diagnosis treatment.

Rates/Insurance: This is a county facility and primarily serves low-income families. Rates vary depending on household income/size, please call to inquire.

Safe House Counseling Center- <https://www.operationsafehouse.org/counselingcenter/>

Contact: (951) 351-4418

Location: 9685 Hayes Street, Riverside, CA 92503

Services: Children, Teens, Adults Coping with Trauma, Marriage and Family Dynamics and Conflict, Behavior Issues/Management, Anger Management, Substance Use/Abuse Anxiety/Depression, Abandonment Issues, Self-Esteem/Self-Confidence, Bullying, Life Change/Loss of Employment, Grief and Loss, Parenting Issues/Approaches, Addiction, Recovery from Abuse.

Rates/Insurance: They operate on an affordable sliding scale fee based on income. They also accept Medi-Cal.

NAMI Western Riverside County- <https://www.namiwesternriverside.org/>

Contact: 951-672-2089

Services: Provides support and referral services to people in need in the cities of Riverside, Moreno Valley, Corona, Norco and the Jurupa Valley/Rubidoux area. NAMI Western Riverside General Meetings include guest speakers, a community of encouragement and networking to get through difficult times.

Family Service Association- <https://www.fsaca.org/mental-health>

Contact: 951-509-8733

Location: 8172 Magnolia Avenue, Riverside CA 92504

Services: High-quality counseling and support services are provided by psychologists, social workers and therapists (licensed professionals, student trainees and interns) and in individual, marriage, family counseling -- as well as child and adolescent counseling; parenting education; anger management groups and child abuse prevention and treatment.

Rates/Insurance: Services are available to clients at limited to no cost due to available funding programs FSA offers based upon client qualifications. Through Private Pay, they are also able to offer sliding-scale and low-cost care to individuals who qualify.

For VETERANS Services, please follow the links below:

<https://www.va.gov/health-care/health-needs-conditions/mental-health/>

VA CRISIS LINE INFORMATION:

<https://www.veteranscrisisline.net/>



Rancho Cucamonga Regional Campus

9680 Haven Avenue, Suite 150, Rancho Cucamonga, CA 91730

Disclaimer: We cannot offer any guarantee regarding the quality of these providers' services. Please use your judgment when selecting a therapist, psychologist, or psychiatrist.

RANCHO CUCAMONGA REGIONAL CAMPUS

Rancho Cucamonga Therapist- <https://www.ranchocucamongatherapist.com/>

Contact: 951-218-0951

Location: 7365 Carnelian St. Ste. 202, Rancho Cucamonga, CA 91730

Services: Individual Therapy, Couples Counseling..

Rates/Insurance: Please visit website for rates. IEHP, HealthNet, Aetna PPO/POS, Cigna.

Empire Counseling & Consultation- <https://empirecounseling.net/>

Contact: 909-705-0773

Location: 8350 Archibald Ave, #100, Rancho Cucamonga, CA 91730

Services: Relationship coaching, parent coaching, anger management, stress management, mental wellness, and anger management assessments.

Rates/Insurance: Sliding scale, fees are set based on what is feasible financially for each client. They accept cash, and debit/credit cards. Anger Management has fixed fees, contact for more information.

LCS Behavioral Health- <http://lcsbehavioralhealth.com/index.html>

Contact: 909-906-1505

Location: 8300 Utica Ave. Suite 259, Rancho Cucamonga, CA 91730

Services: Depression, anxiety, self-esteem issues, eating disorders, anger management.

Rates/Insurance: IEHP, Molina, HealthNet, Aetna, Blue shield, beacon, Magellan, inland regional center, regional center of orange county.

Olive Branch Counseling Center- <http://www.olivebranchcounseling.org/>

Contact: (909) 989-9030

Location: 9033 Baseline Rd., Suite A, Rancho Cucamonga, CA 91730

Services: Individual and couples therapy focusing on addictive behavior, depression and anxiety, anger management, grief.

Rates/Insurance: In special circumstances due to economic hardship, a lower fee can be arranged on a case-by-case basis. If this is your situation, please complete the Sliding Fee Scale Application on the website and bring it to your first session, along with required documentation, to discuss with your therapist. Aetna, Anthem Blue Cross, APS, Blue Shield, Cigna, College Health, EAP, Health Net, Holman Group, MHN, Pacific Care, United Behavioral, Value Options, Victim of Crime.

Advanced Psychological Associates & Wellness Center- www.advancedpsychologicalwellness.com

Contact: 909-484-8888

Location: 10722 Arrow Route, Suite 314, Rancho Cucamonga, CA 91730

Services: They provide Psychiatry as well as individual, group, couples and family counseling, including: Cognitive Behavioral Therapy, Solution Focused Therapy, Emotional Focused Therapy, Grief Counseling, Relationship Counseling.

Rates/Insurance: Reduced fee services are available on a sliding scale. Most major insurances.

Cucamonga Counseling- <http://www.cucamongacounseling.com>

Contact: 909-962-7323

Location: 9565 Business Center Dr., Ste C, Rancho Cucamonga, CA 91730

Services: Individual, couples, family, group and online counseling.

Rates/Insurance: Initial phone consultation is free. This includes brief screening for symptoms. For rate packages, visit their website. *They do set aside a limited number of slots for those clients requiring a reduced rate. Please call for availability.* Some of their licensed therapists are in-network with Blue Shield, Aetna PPO, IEHP, California Victims Compensation, and Tricare. All of their licensed therapist take other PPO insurances at the out-of-network rate.

Orange County Regional Campus

(Hutton Center) 200 E. Sandpointe Avenue, Suite 300, Santa Ana, CA 92707

Disclaimer: We cannot offer any guarantee regarding the quality of these providers' services. Please use your judgment when selecting a therapist, psychologist, or psychiatrist.

ORANGE COUNTY REGIONAL CAMPUS

Santa Ana Community Counseling- www.santaanacommunitycounseling.com

Contact: 714 709 4708

Location: 980 West Seventeenth Street #C Santa Ana, CA 92706

Services: Individuals and couples, Children, teens & families, Relationship Issues, Grief and Loss, Depression and Anxiety, Life transitions, Work or academic Issues, Parenting and adoption, Addiction & Stress Management.

Rates/Insurance: Reduced fee services are available on a limited basis.

Didi Hirsch Mental Health Services- www.didihirsch.org

Contact: 714-547-0885

Location: 2000 E 4th St #201, Santa Ana, CA 92705

Services: Clients can receive individual, group and family therapy, as well as medication management, health care and other case management services.

Rates/Insurance: Please call to get information on specific rates. Rates are often based on financial need and income limits.

Straight Talk Counseling- www.straighttalkcounseling.org

Contact: 714-828-2000

Location: 3785 South Plaza Drive, Santa Ana, CA 92704

Services: counseling for families, couples, individuals, and groups in a supportive and caring environment in which personal growth and well-being can be nurtured. Our counseling services cover a wide array of mental health needs, including anxiety and stress reduction, psychological testing, relationship coaching, and group therapy, such as anger management and adolescent sex education.

Rates/Insurance: Sliding scale based on income or CalOptima insurance accepted.

Hurtt Family Health Clinic- www.hurttclinic.org

Contact: 714-247-0300

Location: 1100 N Tustin Ave, Ste A, Santa Ana, CA 92705

Services: Mental health therapists at Hurtt Family Health Clinic assess needs, define services, monitor treatment plans and outcomes, and provide a nurturing, relational context for guidance and assistance. Clinical Social Workers provide individual and family counseling. For more information about our clinical specialties, visit their website to meet their team.

Rates/Insurance: Discounts are available based upon household income and family size for patients without health insurance and for patients with third-party insurance that does not cover, or only partially covers, fees.

Affirming Therapy of Orange County- <https://www.affirmingtherapyoc.com/>

Contact: 657-203-3228

Location: 17822 Beach Boulevard, Huntington Beach CA 92647

Services: Counseling, Psychotherapy, or Mental Health Services are guided on in individual, couple, and group setting dealing with Sexuality, Gender Identity, Chronic Illness, Grief & the enormous task of life.

Rates/Insurance: On occasion, they offer fees based on a sliding scale starting at \$70 per 50-minute session (or \$60 if paid on or before the day of the session). These fees apply to therapy provided in office, via telephone, or Skype.

NAMI WarmLine (Orange County)- www.namioc.org

Phone: 877-910-WARM (877-910-9276)

Languages: Services are available in English, Spanish, Vietnamese, Farsi and other languages.

Hours: 9 a.m. - 3 a.m. (Mon. - Fri.)

10 a.m. - 3 a.m. (Sat. - Sun.)

The NAMI WarmLine provides telephone-based, non-crisis support for anyone struggling with mental health and/or substance abuse issues.

Crisis Assessment Team (Health Care Agency)- www.ochealthinfo.com/bhs/about/aoabh/catpert

Phone: 866-830-6011

Languages: Spanish, Vietnamese, Korean and Farsi languages available

Hours: 24 hours a day, 7 days a week

The Crisis Assessment Team (CAT) assists individuals of all ages who are having a psychiatric emergency, are at psychiatric risk, as well as anyone needing psychiatric hospitalization. It's comprised of licensed clinical social workers, marriage and family therapists, and behavioral health specialists who respond to any psychiatric emergency call throughout Orange County. The team can respond to private residences, police stations, clinics, private medical offices, on the street and in the community. Its staff is available to both law enforcement and hospital emergency rooms for intervention with the seriously mentally ill. In addition, CAT members provide information and referrals for family members to community support services.

OC Links- www.ochealthinfo.com/oclinks

Phone: 855 OC-LINKS (855-625-4657)

Languages: English, Spanish, Vietnamese, Farsi; Interpretation for other languages is available via a language translation service.

Hours: Monday – Friday, 8 a.m. – 6 p.m.

OC Links is an information and referral phone and online chat service to help navigate the Behavioral Health Services (BHS) system within the Health Care Agency for the County of Orange. Callers are connected to clinical Navigators who are knowledgeable in every mental health as well as drug and alcohol abuse program within the BHS system. This includes children and adult mental health, alcohol and drug inpatient and outpatient programs, crisis services, and prevention/early intervention programs. Once a program is identified, the Navigator will make every effort to link the caller directly to that program while still on the call.