



Are you or your loved one **EXPERIENCING...**



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# Mental Health Access for adults & children with Medi-Cal in Placer County during COVID-19

depression, anxiety, trouble with relationships, concentration/attention or employment/school, not enjoying things you did before

milder symptoms listed previously that aren't going away and/or are getting worse

major depression, paranoia, delusions, aggression or harming yourself, homelessness/incarceration/ ER visits due to a mental health condition

**Services**  
Individual, family, group counseling  
social supports

**Services psychiatry (medication support)**  
*and Individual, family, group counseling social supports*

**Services case management intensive support crisis services community/home-based**  
*and Individual, family, group counseling social supports and psychiatry (medication support)*



**Managed Care Plans**  
*\*or call your primary care provider*



**1-800-407-4627**  
(or livehealthonline.com)



**1-877-658-0305**  
(Request Behavioral Health Services)



**1-800-464-4000**



**1-800-633-4227**

*Still not sure where you belong? Call!*



**County**

**ADULTS: 1-888-886-5401 (24/7)**  
**MHServices@placer.ca.gov**

*Walk-in clinics temporarily discontinued during COVID-19.*

**CHILDREN: 1-866-293-1940\* (24/7)**  
**urgent weekday appointments available**  
*Call school (regardless of insurance status) if mental health interferes with education.*

This chart does not include all symptoms or services available. Call for more information.

***\*Children in foster care needing any mental health services are eligible through the county. Call 1-866-293-1940.***

# Mental Health Access

## for people with *private insurance* in Placer County

Mental health coverage varies by insurance type. Pay out of pocket options are also available.



**Call your insurance** for available in-network providers and covered services



**Ask your employer** about potential coverage through an Employee Assistance Program (EAP)



**Sliding scale (income-based) organizations**

Options are available via a web search on sites like:

211placer.org

or any search engine.



**Private practices (individual therapists)/organizations**

Options are available via a web search on sites like:

psychologytoday.com

goodtherapy.org

counselingcalifornia.com

or any search engine.



\*Some insurance plans include co-pays