Are you or your loved one EXPERIENCING...

- 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

- Psychiatry (medication support)

- Case management
- Intensive support
- Crisis services
- Community/home-based

### In crisis? Call 911

### Managed Care Plans

**Anthem BlueCross**
1-800-407-4627 (or livehealthonline.com)
1-877-658-0305 (Request Behavioral Health Services)
1-800-464-4000

**Medicare**
1-800-633-4227

### County

**Placer County**

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

walk-in clinic available:
- Tuesday 1 - 2 p.m. at 101 Cirby Hills Dr., Roseville, CA
- Wednesday 9 - 10 a.m. at 11512 B Ave., Auburn, CA
- Thursday 9 - 10 a.m. at 101 Cirby Hills Dr., Roseville, CA

CHILDREN: 1-866-293-1940* (24/7)

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

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

**NO COST***
Call your insurance for available in-network providers and covered services

**LOW COST**
Sliding scale (income-based) organizations
Options are available via a web search on sites like:
- placer.networkofcare.org
- psychologytoday.com
- goodtherapy.org
- counselingcalifornia.com
or any search engine.

**FULL COST**
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