



MENTAL HEALTH TREATMENT RESOURCES FOR TEENS

January 29, 2020

IF YOUR TEEN IS IN IMMEDIATE DANGER TO THEMSELVES OR OTHERS, CALL 911 NOW!

To receive mental health resources for your teen who is a CalOptima member, contact:

CalOptima Behavioral Health
855-877-3885

<https://www.caloptima.org/en/HealthAndWellness/MentalHealth.aspx>

Additional Orange County Insurance Plans – Mental Health Contact Numbers

Provider Network/Insurer	Phone Number	Website
Aetna	855-772-9076	https://www.aetnabetterhealth.com/california/members/benefits/bh
Anthem	800-810-2583	https://www.anthem.com/ca/provider/behavioral-health/
Blue Shield of California	800-544-0088	https://www.blueshieldca.com/promise/medicare/index.asp?secMedicare=BehavioralHealth
CalOptima (Medi-Cal)	855-877-3885	https://www.caloptima.org/en/HealthAndWellness/MentalHealth.aspx
ComPsych	800-851-1714	https://www.compsych.com/index
GEHA	800-821-6136	https://www.geha.com/geha-blog/-in-tags/tags/mental-health
HMC Healthworks	888-369-5054	https://hmc.personaladvantage.com/welcome.jsp?target=landing
Optum	800-557-5745	https://www.optum.com/solutions/population-health/behavioral-health.html
TRICARE	800-444-5445	https://www.tricare.mil/mentalhealth
UnitedHealthCare	866-414-1959	https://www.myuhc.com/

Other Orange County mental health providers for teens that have services at a reduced rate or on a sliding scale include:

ASPIRE at Hoag Irvine
949-557-0670

www.hoag.org/specialties-services/neurosciences/programs/aspire/

ASPIRE at Hoag Newport Beach
949-764-6360

Straight Talk
(714) 828-2000

www.straighttalkcounseling.org

Casa de la Familia
714-667-5220

www.casadelafamilia.org

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