



California Mental Health Resource Guide

A practical referral guide for crisis support, affordable counseling, Medicaid resources, community treatment, telehealth, and peer support.

Important: This directory is informational and is not a guarantee of clinical quality, appointment availability, or eligibility. Online ratings can change and should be considered alongside licensure, clinical fit, treatment approach, cost, and direct consultation. In an emergency, call 911 or go to the nearest emergency department.

Crisis Resources

- 988 Suicide & Crisis Lifeline | Call/Text: 988 | <https://988lifeline.org>
- California Department of Health Care Services Behavioral Health | <https://www.dhcs.ca.gov>
- Crisis Text Line | Text HOME to 741741 | <https://www.crisistextline.org>
- Veterans Crisis Line | Dial 988 then Press 1 | <https://www.veteranscrisisline.net>

Sliding Scale & Affordable Counseling

- Open Path Collective | Statewide | <https://openpathcollective.org> | Sliding Scale: Yes
- Southern California Counseling Center | Los Angeles | <https://sccc-la.org> | Sliding Scale: Yes
- Wright Institute Counseling Center | Berkeley | <https://www.wi.edu/counseling-clinic> | Sliding Scale: Yes
- Airport Marina Counseling Service | Los Angeles | <https://www.amcshelps.com> | Sliding Scale: Yes

Counseling & Psychiatry Providers

- LifeStance Health | Multiple Locations | <https://lifestance.com>
- Foresight Mental Health | Statewide | <https://foresightmentalhealth.com>
- Mindpath Health | Multiple Locations | <https://www.mindpath.com>
- Pacific Clinics | Multiple Locations | <https://www.pacificclinics.org>
- Thriveworks | Multiple Locations | <https://thriveworks.com>

Child & Family Resources

- Children's Institute, Inc. | Los Angeles | <https://www.childrensinstitute.org>
- Child Guidance Center | Orange County | <https://www.cgcusa.org>
- Pacific Clinics | Statewide | <https://www.pacificclinics.org>



Medi-Cal Resources

- Medi-Cal Behavioral Health | <https://www.dhcs.ca.gov>
- County Behavioral Health Directory | <https://www.dhcs.ca.gov/individuals/Pages/MHPContactList.aspx>

Helpful Websites

- California Department of Health Care Services | <https://www.dhcs.ca.gov>
- 988 Lifeline | <https://988lifeline.org>
- NAMI California | <https://namica.org>

How to Evaluate Reviews Responsibly

Online reviews can help identify patterns, but they should not be the only basis for choosing a mental health provider. Privacy rules often prevent providers from responding fully to negative reviews, and large agencies may receive ratings for multiple unrelated programs.

- Read the newest reviews first and confirm they apply to the correct office or clinician.
- Look for repeated themes involving scheduling, respect, communication, billing, and continuity of care.
- Do not assume a high rating means the provider specializes in the client's concern.
- Confirm the clinician's active Tennessee license through the appropriate state licensing board.
- Ask for a consultation and assess whether the provider explains treatment goals, confidentiality, fees, and emergency procedures clearly.
- For children, trauma, OCD, eating disorders, substance use, or serious mental illness, verify specialized training rather than relying on general counseling reviews.

Questions to Ask Before Scheduling

- ☐ Are you accepting new clients, and what is the estimated wait time?
- ☐ Do you accept my exact insurance?
- ☐ What is the full self-pay fee, and do you offer a sliding scale or payment plan?
- ☐ Is the reduced fee available with a licensed clinician, intern, or supervised trainee?
- ☐ Do you provide in-person care, telehealth, or both?
- ☐ What ages and concerns do you treat?
- ☐ Which evidence-based approaches do you use for this concern?



☐ Do you provide medication evaluation or coordinate with a prescriber?

☐ What is your cancellation and no-show policy?

☐ How do clients access crisis support outside regular sessions?

Provider Verification

Before referral, verify the professional's license and disciplinary status through licensing Boards or the applicable licensing authority. Also confirm that telehealth clinicians are authorized to treat a client physically located in California.