

## **Mental & Behavioral Health Resources**

**Suicide Prevention Hotline**

**800-273-TALK**

**-or-**

**988** (*Coming to some jurisdictions in 2021*)

**Crisis Textline**

**Text HOME to 741741**

[How do I find a therapist?](#)

[Care for Your Coronavirus](#)

**Hemophilia Federation of America**

- [Mental Health Resources](#)
- [Patient Assistance Portal](#)
- [COVID Resources](#)

[National Hemophilia Foundation – COVID-19 Information](#)

[Mental Health Matters Too](#)

[Let's Talk – Mental Health](#)

[JED Foundation](#) – for teens and young adults

[California Resources for Emotional Support & Well-Being](#)

- CalHOPE Peer-Run Warm Line. Call 833-317-HOPE (4673) Monday through Friday from 7 AM to 11 PM for COVID-19 specific non-emergency support.
- California Warm Peer Line. Call 855-845-7415 for 24/7 non-emergency support to talk to a peer counselor with lived experience.

- California Youth Crisis Line. Youth ages 12-24 can call or text 800-843-5200 for 24/7 crisis support.
- Teens can talk to another teen by texting TEEN to 839863 from 6 PM to 9 PM or call 800-852-8336 from 6 PM to 10 PM.
- Older Californians can call the Friendship Line 888-670-1360 for 24/7 support (60 or older and adults living with disabilities).
- If you have **Medi-Cal** and are in need of mental health services, call the number on your health plan membership card, or call your [local county mental health line](#). For help finding what services are covered, call the [Medi-Cal Managed Care and Mental Health Office of the Ombudsman](#) at [888-452-8609](#) Monday through Friday from 8am – 5pm.
- If you have a health plan through your **employer or purchase your own** health insurance, and are in need of mental health services, call the number on your health plan membership card.
- If you feel like you are coping with your stress by drinking or taking drugs, there is help available from the [substance use disorder programs in your county](#) or call the national treatment locator at [800-662-HELP](#).
- Call the [California's Aging and Adult Information local service line](#) at [800-510-2020](#) for help finding information and assistance in your area.

### **If you are a patient on GHPP (Genetically Handicapped Persons Program)**

- Mental Health Services are listed under the benefits: <https://www.dhcs.ca.gov/services/ghpp/Pages/Benefits.aspx>
- The referral must come from your Special Care Center (SCC) or Primary Care Physician (PCP). If you think that you need to see a specialist, contact your SCC physician or nurse coordinator to obtain a referral. The specialist must be a Medi-Cal Provider and willing to accept Medi-Cal rate for payment and must coordinate the care with your SCC and PCP.

### [MentalHealth.gov](#)

- SAMHSA Treatment Referral Helpline 877-726-4727 for general information on mental health and to locate treatment services in your area. Live assistance Monday through Friday 8 AM to 8 PM Eastern.
- Available help if you have been denied coverage, reached a limit on your plan, or have an overly large co-pay or deductible. Mental Health and Substance Use Disorder Coverage Parity laws require most health plans to apply similar rules to mental health benefits as they do for medical/surgical benefits. For more information:  
<https://www.mentalhealth.gov/get-help/health-insurance>

### Online Counseling

- **TeenCounseling.com** (*teens*)  
<https://www.teencounseling.com/>
- **Talk Space** (*general individual*)  
<https://www.talkspace.com/>
- **BetterHelp** (*general individual*)  
<https://www.betterhelp.com/>
- **ReGain** (*couples*)  
<https://www.regain.us/>
- **Pride Counseling** (*LGBTQ*)  
<https://www.pridecounseling.com/>

### Online Comprehensive Psychiatric Services

- **Cerebral**  
<https://getcerebral.com/>