

National Suicide Prevention Lifeline  
Crisis TEXT LINE  
Trans Lifeline  
Go to your local ER  
Call 911

800-273-8255 (TALK)  
Text “4hope” to 741741  
877-565-8860

### **Step 1. Find Your Insurance Card**

### **Step 2. Call Your Insurance Company**

The phone number for your mental health benefits is likely on the back of your card and may be listed under ‘behavioral health services’.

### **Step 3. Get Information About Your Benefits**

- After dialing the mental health services phone number, you will speak with a representative from your insurance company. They will ask you to verify some information to ensure that you are the individual covered by the insurance plan. When they ask why you are calling you can say, “I want to find out what my benefits will cover for outpatient counseling.”
- Some insurance plans require a payment for each visit you make to a provider. Ask how much you will pay per session; this is called a ‘co-pay’.
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- Ask your insurance company for assistance with finding a mental health provider or call your family physician to see if they have good referral sources
- If you are looking for someone to talk with, ask for a list of **in-network clinicians** (Counselors and/or Psychologists).
- If you are looking for someone who can prescribe medication, ask for a list of **in-network Psychiatrists or PCPs**.

- You may also be able to locate this information on your insurance company's website
- Google Mental Health Services and your zip code
- Check on-line resources:
  - American Psychiatry Association: Find a Psychiatrist  
<http://finder.psychiatry.org/>
  - American Psychological Association: Psychologist Locator  
<https://locator.apa.org/>
  - SAMHSA: Behavioral health Treatment Locator  
<https://findtreatment.samhsa.gov/>