



**Finding a Therapist or Psychiatrist for Your Child
If You Have Private Insurance**

Call the customer service number on the back of your insurance card and ask if you have mental health benefits. If your card shows a behavioral health number, call that one first.

- a. Ask if you have mental health benefits for you and your children
- b. Ask if you have in-network or out-of-network benefits, and how they are different
- c. Ask how many visits will be covered and what charges you will be responsible for
- d. Find out how to access their in-network provider list for mental health providers
- e. Go to their website and find a provider
- f. Call the provider and ask if they have any openings for your child or adolescent

Please note: Generally speaking, finding a mental health provider IN NETWORK is the easiest and most affordable way to go.

Should you have out of network benefits, this means you can see a therapist OUT of NETWORK. You will be responsible for paying the therapist directly and getting reimbursed through your insurance company. Some people choose this out of network benefit when they want to see a particular therapist who is not in their network. Please make sure you understand that your insurance may only cover a portion of the cost.

Here are links to some major insurance company's websites to find an IN-NETWORK provider for your insurance:

Aetna: <http://www.aetna.com/plans-services-health-insurance/overview/behavioral-health-insurance/behavioral-health.html>

Anthem BlueCross: <http://www.anthem.com> (Go to useful tools, find a doctor or hospital, click on arrow and select: "behavioral health", search in your zip code.)

Cigna: <http://apps.cignabehavioral.com/web/acref/PMRSCController?cat=initial>

Tricare: <https://www.uhcmilitarywest.com/uhcmw/portal/search/overview/>

United Healthcare: <http://unitedbehavioralhealth.com/>

Another resource for finding a private therapist who may take your insurance as an IN NETWORK provider:

Go to <http://www.psychologytoday.com>, click on "find a therapist/psychiatrist" and enter your zip code. Please note advanced searches on the left side where you can select your insurance provider and select child and adolescent therapist or psychiatrist. This will save you time. Please note: Some psychiatrists do not accept insurance, so check to be sure before you schedule an appointment.

If you have questions or need help, please contact our Referrals Department at 720-974-7188 and they will be glad to assist you.



***Finding a Therapist or Psychiatrist for Your Child
If You Have Medicaid or CHP+ Insurance,
are UNINSURED or HAVE NO Mental Health Benefits***

If you have Medicaid (Health First Colorado) or CHP+, you have mental health benefits and should contact your behavioral health care service to access behavioral health care.

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| Medicaid (Arapahoe, Douglas, Adams County): | Behavioral Health Care 303-361-8100 |
| Medicaid(Denver): | Access Behavioral Care 303-751-9030 |
| CHP+: | Access Behavioral Care 720-744-5130 |

If you are uninsured or do not have insurance benefits for mental health care you should start by contacting the mental health agency in your county.

County Mental Health Agencies

Arapahoe/Douglas: AllHealth Network 303-730-8858 (allhealthnetwork.org)
(Formerly known as Arapahoe-Douglas Mental Health)

Aurora: Aurora Mental Health Center 303-617-2300 (aumhc.org)

Denver: MHCD Mental Health Center of Denver 303-504-7900 (mhcd.org)

Jefferson: Jefferson Center for Mental Health 303-425-0300 (jeffersonmentalhealth.org)

Other Community Agencies that Accept Sliding Scale, Uninsured or Medicaid Clients:

Catholic Charities: *Regina Caeli Clinical Services: 303-742-0828*

Jewish Family Services: *303-597-4716*

Maria Droste Counseling Center: *303-756-9052 mariadroste.org*

Project Pave: *303-322-2382 projectpave.org*

Shepherd's Gate: *Denver Seminary: 303.762.6987*