


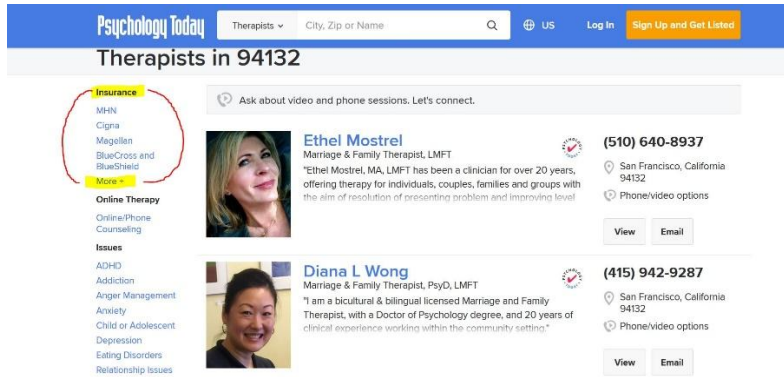
## Using Insurance to Locate Therapy

On the front of your card will be the name of your insurance company (you can use this to search therapist profiles online, in your community.) On the back of the card, there may be a **specific phone number** to call for Mental/Behavioral Health; if not, call customer service. This is an excellent place to start for mental health resources. There is also a list of providers available on the insurance plan's website. Follow links for "Find a Doctor"

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|  <p><b>ABC INSURANCE PARTNERS PPO</b></p> <p>Policy Number<br/>1) 356M59557</p> <p>Group Number<br/>2) 1234567</p> <p>Group Name<br/>XYZ COMPANY</p> <p>Member Name<br/>SUSAN J. SAMPLE</p> <p>3) Office Visit, Copay: \$15<br/>Specialist: \$15</p> <p>4) Emergency Room: \$150<br/>Urgent Care: \$50<br/>Rx: \$10/20/40</p> <p>Network Coinsurance:<br/>5) In 90%/10%<br/>6) Out 80%/20%<br/>Med/Rx Deductible Applies</p> | <p>Customer Service: 1-800-555-1234, TDD: 1-800-555-5678<br/>M-F, 8:00 a.m. - 11:00 p.m. Pacific Standard Time</p> <p>Nurse Information Line: Call 1-800-777-7197<br/>Hours of operation: 24 hours/ 7 days a week</p> <p>Provider Services: 1-888-777-6543, TDD: 1-800-777-3456<br/>Submit Claims To:<br/>PO Box 987,<br/>Claims Way, OR 97008</p> <p>This group health plan is provided by ABC Insurance Partners. While coverage remains in force, members are entitled to the benefits under the terms and conditions of the plan. This card is for identification only and is not a guarantee of coverage. Deductibles and coinsurance may apply.</p> | <p>Kaiser Permanente: <a href="http://www.kp.org">www.kp.org</a></p> <p>Anthem: <a href="http://www.anthem.com/ca">www.anthem.com/ca</a></p> <p>United Healthcare: <a href="http://www.uhc.com">www.uhc.com</a></p> <p>Cigna: <a href="http://www.cigna.com">www.cigna.com</a></p> <p>Aetna: <a href="http://www.aetna.com">www.aetna.com</a></p> |
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## Using Psychology Today

Visit [www.psychologytoday.com](http://www.psychologytoday.com) You'll have options to filter by City and/or Zip Code, gender, sexuality, faith background and specialty. When the results populate, on the left sidebar, you'll see a space where you can also filter by your type of insurance. Be sure to click "More" to find your insurance listed there.



Psychology Today Therapists in 94132

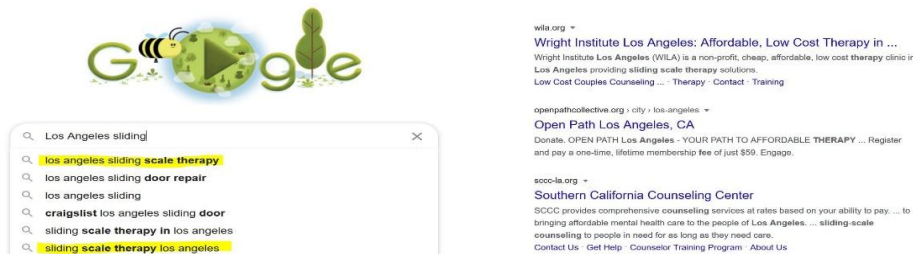
Insurance filter options: MHN, Cigna, Magellan, BlueCross and BlueShield, More...

**Ethel Mostrel**  
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San Francisco, California 94132  
Phone/video options

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## Using Search Engines to find Sliding Scale Therapy

If you use the term "sliding scale therapy" and the name of your city, you will generate a list of clinics in your area who can see you without insurance, at much lower out-of-pocket costs.



Google search: Los Angeles sliding scale therapy

Search results:

- [Wright Institute Los Angeles: Affordable, Low Cost Therapy in ...](#)  
Wright Institute Los Angeles (WILA) is a non-profit, cheap, affordable, low cost therapy clinic in Los Angeles providing sliding scale therapy solutions. Low Cost Couples Counseling ... Therapy Contact Training
- [Open Path Los Angeles, CA](#)  
Donate. OPEN PATH Los Angeles - YOUR PATH TO AFFORDABLE THERAPY ... Register and pay a one-time, lifetime membership fee of just \$99. Engage.
- [Southern California Counseling Center](#)  
SCCC provides comprehensive counselling services at rates based on your ability to pay ... to bringing affordable mental health care to the people of Los Angeles. ... sliding scale counselling to people in need for as long as they need care. Contact Us Get Help Counselor Training Program About Us