

How to Find a Psychotherapist, Psychiatrist, or Support Group

**How to find a psychotherapist or psychiatrist who accepts your insurance:
(psychologytoday.com website)**

Enter into a Google search:
psychology today therapist finder

After these words, add words to describe the location you're interested in, like **Los Angeles**.

When you hit **Enter**, it should list many therapists and psychiatrists in that area. If you look above the first profiles, you will see button options that enable you to select filters. You can filter for:

1. **Insurance** – You can select **Blue Shield** (for example), so that you narrow the search to therapists who accept your insurance.
2. **Issues** – You can filter for type of issue or specialty, like **depression, anxiety, or chronic illness**.
3. **Type of Therapy** – You can also filter for type of therapy, like **Cognitive Behavioral Therapy (CBT)**. CBT is a skill training approach to therapy in which the therapist is very interactive with the patient.

Look through the profiles of therapists and think about calling the ones who sound like a good fit for you. If you talk to someone over the phone and meet them online, and you do NOT have a good feeling about them, don't return. Keep calling other people until you find a therapist you feel comfortable with. You need to feel you can trust the therapist and that you can develop a working rapport with them. Without that critical element, the therapy won't be helpful.

You can also find a psychiatrist or support group using this same website.

Referrals for Treatment

These are group practices that have many therapists and accept lots of private insurance as well as Medicare. Therapy is offered in person or virtually.

Abundance Therapy Center
abundancetherapycenter.com
4221 Wilshire Blvd Ste 230,
Los Angeles, CA 90010
Phone: [\(213\) 505-4307](tel:(213)505-4307)

Mindful Health Solutions
<https://mindfulhealthsolutions.com/>
[\(844\) 867-8444](tel:(844)867-8444)
5455 Wilshire Blvd., Suite #903
Los Angeles, CA 90036
They also have psychiatrists

Happier Living
<https://happierliving.com/>
They also have psychiatrists.

GrowTherapy
www.growtherapy.com
Has therapists & prescribers.

Alma
<https://helloalma.com/>
Diversity & LGBTQ+ friendly

Soultenders
www.soultenders.com
(626) 701-4249

Help Therapy
<https://www.helptherapy.com/>
(858) 481-8827

The Mindful Lemon (virtual therapy only)
(855) 435-3801
<https://themindfullemon.com/>

WellQor (therapy for seniors)
(646) 687-4646
<https://wellqor.com/>
This one offers services for older adults.

Blue Moon Senior Counseling (telehealth & in-home therapy for seniors)
<https://bluemoonseniorcounseling.com/states-with-in-home-senior-counseling/california/>

Low Fee / Sliding Scale Clinics

These are community mental health clinics that are well regarded. I believe they can provide services remote/virtually by Zoom:

Maple Counseling Center

(310) 271-9999
9107 Wilshire Blvd
Beverly Hills, CA 90210

Airport Marina Counseling Services

7891 La Tijera Blvd,
Los Angeles, CA 90045
(310) 670-1410

Norooz Clinic Foundation

(714) 386-9171
1560 Brookhollow Dr., Ste 212
Santa Ana, CA 92705
www.noroozclinic.com

Southern California Counseling Center

(323) 937-1344
5615 W. Pico Blvd.
Los Angeles, CA 90019

Valley Community Counseling Clinic

<https://www.valleycommunitycounselingclinic.org/what-we-offer>
(818) 763-2084
6400 Laurel Canyon Blvd., Suite 260
North Hollywood, CA 91606

Wright Institute LA (WILA)

(424) 371-5191
11845 West Olympic Blvd., #505w
Los Angeles, CA 90064
<https://wila.org/>

Los Angeles LGBT Center

<https://lalgbtcenter.org/health-services/mental-health/individual-therapy>
(323) 993-7400
McDonald/Wright Building
1625 N. Schrader Blvd.
Los Angeles, CA 90028

University training clinics – Provide excellent services. Therapists are doctoral students supervised by licensed therapists.

Pepperdine University

West Los Angeles Counseling Center:

6100 Center Dr,

Los Angeles, CA 90045

Phone: (310) 568-5752

USC's School of Social Work

Telehealth therapy services,

Call: 866-740-6502 or fill contact form online (Client contact form)

Here is the link to their website home page: [Teleheath Online Clinic \(usc.edu\)](http://Teleheath Online Clinic (usc.edu))