



# How to Find a Mental Health Provider Using Your Health Insurance

It's not always easy to find a counselor, or psychiatrist. Below are some steps to help you navigate your health insurance's preferred provider network in search of specialized mental health care.

## Health Insurance Card

Your health insurance card can have lots of useful information on it. It will tell you the health insurance company, the specific plan you have, and possibly what your copay or deductible is in addition to general information about coverage. Helpful phone numbers and website information are typically listed as well. There are a couple of options:

- Visit the website. This is typically listed on the card, but a quick internet search of the company name is often helpful if not. On the main page of the website, look for a "Find a provider" or "Find a doctor" option. From there you can search for a provider and filter searches by things like location, gender, accessibility, office hours, and specialty. For specialty, try entering the type of provider you are searching for.

*\*Some insurance plans have a separate option for a Behavioral health provider search.*

- Call the Customer Services phone number. This is often listed on the back of the card. Most insurances provide helpful customer service representatives that can assist with finding the type of clinician you are searching for. *\*Some insurance plans have a separate phone number for Behavioral Health, which would include mental health providers.*

### A Sampling of Louisiana Health Insurance Websites

Blue Cross Blue Shield of Louisiana	<a href="http://www.bcbsla.com">http://www.bcbsla.com</a>
United Healthcare	<a href="http://www.uhc.com">http://www.uhc.com</a> <a href="http://provider.liveandworkwell.com">http://provider.liveandworkwell.com</a>
Humana	<a href="http://www.humana.com">http://www.humana.com</a>

## Online Therapist Search Tools

If you are having difficulty using your health insurance network to find a provider, there are other resources available online to aid in your search. You can then also call these providers directly to ask if they accept your insurance. These website listings can be helpful at describing information about the specific providers' areas of specialization and training background as well. Here are some helpful websites that you can use to find a provider near you:

- <http://therapists.psychologytoday.com>
- <http://www.helppro.com>
- [http://www.networktherapy.com/directory/find\\_therapist.asp](http://www.networktherapy.com/directory/find_therapist.asp)
- <http://locator.apa.org> (psychologists)
- <http://www.findapsychologist.org> (psychologists)
- <http://nbcc.org/search/counselorfind> (counselors)

## Don't Forget: We're Here to Help!

Our counselors can help connect you with providers in the area or walk you through using your health insurance network. Let us know if you need help finding a provider and we will help support you through the process.