## How can I get mental health support?

### **UCDAVIS**

NO

STUDENT HEALTH AND **COUNSELING SERVICES** 

## **EACH AGGIE MATTERS**

@eachaggiematters

YES

NO



eachaggiematters@ucdavis.edu



Do you have ..... **UC SHIP?** 

Counseling Services can help you learn about specific mental health resources available based on your location. Call 530-752-0871 or go to Health e-Messaging to make an appointment with a Mental Health **Advocacy Specialist** 

Make a no-cost video appointment with Live Health Online. See UC SHIP on page 2 for more details

Go to page 2 for additional resources for mental health support based on your insurance coverage

#### **Insurance Tip**

If you are covered under another person's health plan in California and are concerned about confidentiality, then you can check out myhealthmyinfo.org for assistance with submitting a Confidential Communication Request to your insurance provider.

# Mental health resources based on your insurance provider



#### **Insurance Tip**

An easy way to find out about the mental health resources available through your insurance is to call the customer service or mental health phone number on your insurance ID card. By doing this, you can get help related to your specific plan.

If you are unable to use your insurance for mental health support, go to shcs.ucdavis.edu for a coupon code to use Live Health Online"

#### **Aetna**

 Contact Aetna at 855-722-9076 or learn more by visiting <u>www.aetna.com/individuals-families/mental-emotional-health.html</u>

#### **Anthem Blue Cross**

 To learn about mental health coverage available through Anthem Blue Cross or to find contact information based on your location visit www.anthem.com/provider/behavioral-health/

#### **Health Net**

 Contact Health Net at 888-926-4988 or learn more by visiting www.healthnet.com/portal/member/content/iwc/mysites/ access/behavioral\_health.action

#### Kaiser

To learn about mental health coverage available at Kaiser or to find contact information based on your location visit healthy.kaiserpermanente.org/health-wellness/mental-health

#### **Medi-Cal**

 Contact the county office (where you originally enrolled in Medi-Cal) for questions about your Medi-Cal coverage and available mental health resources. You can also try contacting Medi-Cal directly at 800-541-5555 or learn more by visiting www.dhcs.ca.gov/pages/myMedi-Cal.aspx

#### Western Health Advantage (WHA)

- Contact WHA at 888-563-2250
- Magellan partners with WHA to offer virtual mental health support. For more information, go to www.westernhealth.com/health-andwellness/secure/mental-health/

#### **UC SHIP**

- For questions about UC SHIP, contact UC Davis Insurance Services at insurance@shcs.ucdavis.edu.
- Live Health Online partners with UC SHIP to offer virtual mental health support with no out-of-pocket cost (effective fall 2020). You can visit www.livehealthonline.org to get started