

Telehealth Resources:

**THERAPY: CALIFORNIA**

**1. USC Telehealth- Free .**

866-740-6502

**2. Foresight Mental Health- Takes most insurance.**

[www.foresightmentalhealth.com](http://www.foresightmentalhealth.com)

888-588-8995

**3. Robyn Tamanaha, LMFT- \$50 for students.**

714-795-3101

[www.robnytamanahatherapy.com](http://www.robnytamanahatherapy.com)

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**THERAPY AND PSYCHIATRY: CALIFORNIA**

**1. Pacific Coast Psychiatric Associates-Takes most insurance→ call to confirm. Strict cancellation fee.**

424-284-2440

**\*Must register online before scheduling (online or by phone):**

<https://www.pcpasf.com/copy-of-new-patient-appointments>

**2. Foresight Mental Health- Takes most insurance.**

[www.foresightmentalhealth.com](http://www.foresightmentalhealth.com)

888-588-8995

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**PSYCHIATRY: CALIFORNIA**

**1.WELLPSYCHE - Insurance Plans Accepted:** All College and University Plans, Aetna PPO, Anthem Blue Cross (HMO and PPO), Cigna, Magellan (Blue Shield)

310-871-0670

[www.wellpsyche.com](http://www.wellpsyche.com)

**2. NEURO WELLNESS SPA- Insurance Plans Accepted:** Magellan Health PPO, Cigna, BlueCross/BlueShield of CA, Beacon, Aetna, United Healthcare, HealthNet/MHN, Optum

877-847-3984

[www.neurowellnessspa.com](http://www.neurowellnessspa.com)

## **ONLINE THERAPY PLATFORMS: Nation-wide**

### **Talkspace**

\$260-400 monthly. They offer chat, phone and video sessions

Register online: <https://www.talkspace.com/>

### **Betterhelp**

\$40-\$70 per week. They offer chat, phone and video sessions

Register online: <https://www.betterhelp.com/faq/>

### **Teencounseling- Online counseling for teens ages 13-19**

\$40-\$70 per week. They offer chat, phone and video sessions

Register online: <https://www.teencounseling.com/start/>

### **Pride Counseling- Professional online counseling for the LGBTQ community**

\$40-\$70 per week. They offer chat, phone and video sessions

Register online: <https://www.pridecounseling.com/faq/> or email: [contact@pridecounseling.com](mailto:contact@pridecounseling.com)

### **7 Cups of Tea- 24/7 free trained volunteer listeners via chat + therapy**

\$150 per monthly for therapy

Register: <https://www.7cups.com/>