

# Mental Health Insurance Resources & Contacts



Guide to insurance for mental health care.

For additional resources to help you understand how to use your health insurance for mental health, check out these resources.

## Mental Health Parity

### California Parity Resources

- Contact information for state resources
- Curated by the Kennedy Forum
- [ParityRegistry.org](https://www.kennedyforum.org/parityregistry)

### Parity Track

- Advocacy organization to help ensure mental health parity law is followed
- [ParityTrack.org](https://www.paritytrack.org)

## Patient Advocacy

### Health Consumer Alliance

- Private, Covered California & Medi-Cal
- English and Español (Spanish)
- [HealthConsumer.org](https://www.healthconsumer.org) or 888-804-3536

### California Health Advocates

- Medicare plans
- English
- [CAHealthAdvocates.org](https://www.cahealthadvocates.org)

## California Regulators

### Department of Managed Health Care

- Covers most private health insurance plans
- Get information, resources and file complaints
- [DMHC.CA.gov](https://www.dmhc.ca.gov)

### Department of Health Care Services

- Covers most Medi-Cal plans
- Get information, resources and plan assistance
- [DHCS.CA.gov](https://www.dhcs.ca.gov)

### California Department of Insurance

- Regulates some private health insurance plans
- Get information, resources and file complaints
- [Insurance.CA.gov](https://www.insurance.ca.gov)

## Other Helpful Resources

### National Alliance on Mental Illness

- Find mental health care resources in your area
- [NAMI.org](https://www.nami.org)

### Disability Rights California

- Advocacy, education and resources
- [DisabilityRightsCA.org](https://www.disabilityrightsca.org)

## If You Live Outside California

If you're looking for help understanding or using your mental health insurance benefits outside of California, the Kennedy Forum's mental health parity registry has curated contacts and resources listed by state.

Visit the site here:

[ParityRegistry.org](https://www.kennedyforum.org/parityregistry)

## In crisis or need emergency help?

You're not alone and help is available. If you need support right now, call the [National Suicide Prevention Lifeline](https://www.nationalsuicideline.org):

[1-800-273-8255](tel:1-800-273-8255)