

To find a behavioral health provider, please follow the step-by-step instructions below.

If you are in immediate danger or thinking about harming yourself, call or text 988 which is available 24/7, free and confidential.

1. Go online to *Find a doctor*: <https://www.blueshieldca.com/fad/home>
2. Enter the *Location* where you will be accessing care. Virtual providers are available statewide. To search for virtual providers, enter the ZIP code or County where the provider group is located rather than your own. A list of virtual provider companies with their ZIP codes and counties can be found here: [\[Virtual Provider List\]](#).

The screenshot shows the 'Find doctors & services' search interface. The 'Location' field is highlighted with a red circle and contains the text 'Los Angeles, CA, USA'. Below the search bar, there is a prompt to 'Enter a ZIP code, address, or city. We need it to find a doctor or specialist near you.' with a corresponding input field. To the right of the search bar is a 'Plan' dropdown menu. Below the search bar, there are two buttons: 'Locate me' and 'Outside US'. On the right side of the page, there is a section for the '24/7 Nurse advice line' with a brief description.

3. Pick your specific benefit plan so the results only show in-network providers.

The screenshot shows the 'Find doctors & services' search interface with the 'Plan' dropdown menu open. The dropdown is highlighted with a red circle and shows the following options: 'Coverage start date 2026', 'Plan type 2026 Employer Group Plans (101+ Employee...', and 'Subplan PPO'. At the bottom of the dropdown is a 'Continue with this plan' button. To the left of the dropdown, there is a section for 'Other care options' with a link to 'Learn about Teladoc'. Below that is a section for 'More services' with various provider categories like 'Primary care physician', 'Pediatric', 'Women's health', 'Allergies', and 'Dermatology'.

4. If you are searching for a provider by **specialty** or **condition**, start with broad categories and then use additional filters to narrow your results.

For example, search for "Anxiety," then select it under *Specialty*:

Find doctors & services

Search by name, facility, medical group, or specialty, such as pediatrics or psychologist.  
[Log in](#) first to get the best results.

Location: Los Angeles, CA, USA | Plan: 2026 Employer Group Plans (101... | Doctor name, specialty, condition: Anxiety

Search by doctor name, specialty, facility, or medical group.

**Specialty**

Anxiety | Psychiatry Child | Licensed Professional Clinical Counselor

Maternal Mental Health (including Prenatal/post-partum Anxiety, Prenatal/post-partum Depression)

You can then **filter** by categories such as additional language spoken, Doctor's gender, and more.

Find doctors & services

Location: Los Angeles, CA, USA | Plan: 2026 Employer Group Plans (101... | Doctor name, specialty, condition: Anxiety

[Save Results](#) | [Clear all](#)

**Filters**

☐ Accepting new patients

Sort by: Nearest

Search Radius: 15 miles

In person or virtual

Virtual only | In person

Map showing Los Angeles area with a blue dot indicating the search location.

5. If you're not looking for a specific provider, but looking for **medical groups** that meet your needs, search for a specialty or condition and then use the "medical group" filter from the drop-down menu on the left-hand side of the screen.

For example, search "Applied Behavior Analysis" or "ABA," click on "Applied Behavior Analysis (ABA):

## Find doctors & services

Location  
**Los Angeles, CA, USA**

Plan  
**2026 Employer Group Plans (101...**

Doctor name, specialty, condition  
**ABA**

Search by doctor name, specialty, facility, or medical group.

**Specialty**

Certified Behavioral Analyst Doctorate

Certified Behavioral Analyst Masters

Applied Behavior Analysis (aba)

then filter by age under *Populations Served*, and choose the Medical group from the drop-down menu on the left-hand side of the screen.

Populations Served  
**Children (6-12)**

Mental Health specialties only

Clinical focus  
**Applied behavior analysis (A...**

Mental Health specialties only

Medical groups

Open Mind Health Inc

Monarch Center For Developmental Services

Zoi And Mind Clinic

(Not Rated)

Accepting new patients

[View details](#)

## Need Help?

If you can't find the provider or service you're looking for - or want help choosing the right type of care - call the Mental Health Customer Services number on the back of your Blue Shield ID card.