

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

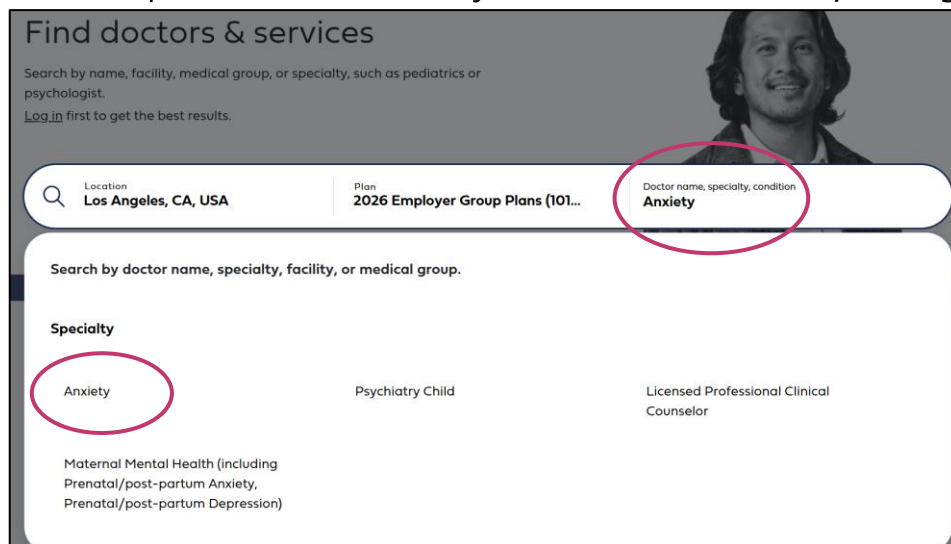
If you are in immediate danger or thinking about harming yourself, call or text 988 which is available 24/7, free and confidential.

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: [\[Virtual Provider List\]](#).

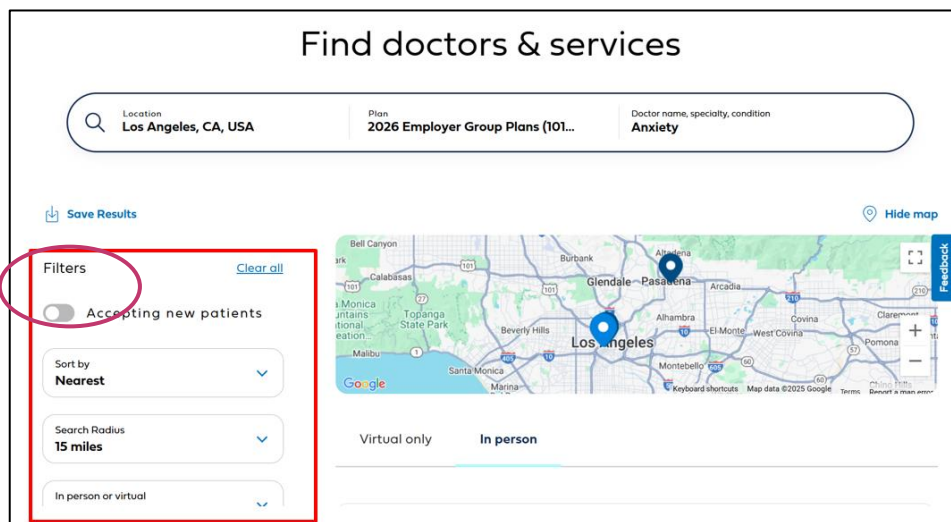
3. Pick your specific benefit plan so the results only show in-network providers.

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*:



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



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.