

Behavioral Health Provider Search



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

Step-by-step guide

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

- 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.

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

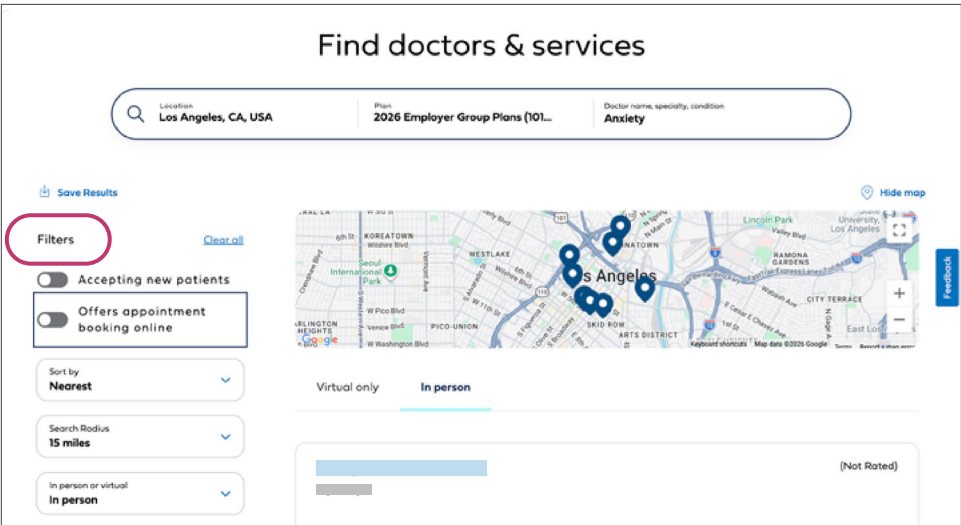
The screenshot shows the 'Find doctors & services' page. At the top, there's a search bar with 'Location: Los Angeles, CA, USA' and 'Plan:'. A modal titled 'Select a plan' is open, showing 'Coverage start date: 2026', 'Plan type: 2026 Employer Group Plans (101+ Emplo...', and 'Subplan: PPO'. A 'Continue with this plan' button is at the bottom of the modal. The background shows 'Other care options' and 'More services' sections.

- 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**:

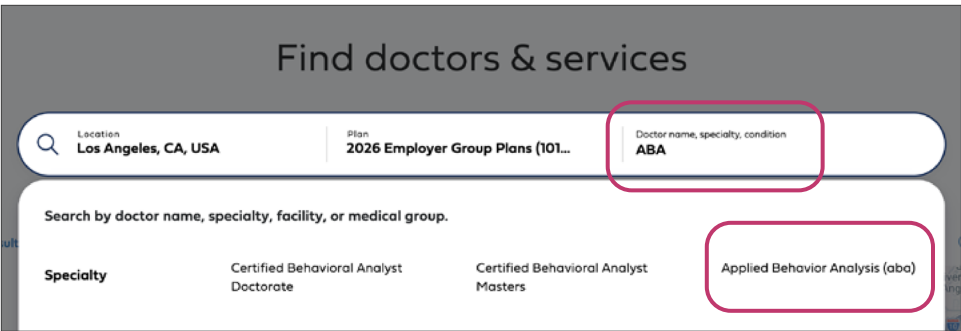
The screenshot shows the 'Find doctors & services' page with search filters applied. The 'Location' is 'Los Angeles, CA, USA' and the 'Plan' is '2026 Employer Group Plans (101+ Emplo...'. The search bar contains 'Anxiety'. Below the search bar, there's a table with columns for 'Specialty', 'Medical groups', and 'Facility'. The 'Specialty' column lists 'Anxiety', 'Maternal Mental Health (including Prenatal/post-partum Anxiety, Prenatal/post-partum Depression)', 'Psychiatry Child', and 'Licensed Professional Clinical Counselor'. The 'Medical groups' column lists 'Clinic For Pain And Anxiety'. The 'Facility' column is empty.

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

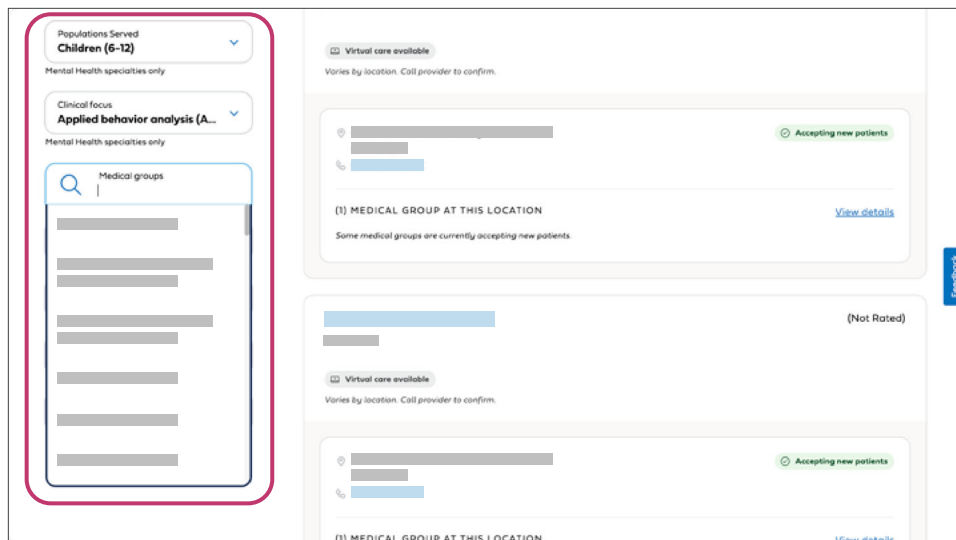


- 5 If you’re not looking for a specific provider, but looking for **medical groups** that meet your needs, search for a **specialty** or **condition** and then use the “**medical group**” filter from the drop-down menu on the left-hand side of the screen.

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



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.



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 Service number on the back of your Blue Shield ID card.