Finding a Therapist for Headache Psychology Treatment With MediCal

1) Call your local county mental health office
   - Numbers vary by county. The easiest way to find the appropriate number would be to google “[COUNTY NAME] Behavioral Health ACCESS” or “[COUNTY NAME] Mental Health ACCESS” and find the correct number listed on the website.

2) Provide basic information over the phone or by voicemail (patients over 18 must call themselves or together with a parent)
   - Name of caller and patient
   - Insurance
   - Location
   - “Looking for child/adolescent therapy services”

3) Initial screen on phone or in person (process varies by county)
   - In the assessment, be sure to (A) be specific about emotional health and related symptoms (ex: depression, anxiety) and (B) describe the impact of these symptoms on the child’s life (ex: school, concentration, sleep)
   - Request Cognitive Behavioral Therapy (CBT) during this assessment
   - At the end of the assessment, you may be assigned a therapist within the county system or referred to an outside provider.

4) At your first session, provide your therapist the “An Introduction to Cognitive Behavioral Therapy (CBT) for Pediatric Migraine FOR MENTAL HEALTH PROVIDERS” document.

5) Go to at least 2 visits with the same provider before deciding if it’s a good fit. Speak to your

If you have any trouble getting services and/or have questions or concerns related to next steps, we encourage you to contact our social work team:
   - Desiree Dieste, LCSW (415) 514-2934 desiree.dieste@ucsf.edu
   - Peggy O’Grady, LCSW (415) 514-2497 peggy.ogrady@ucsf.edu

In the case of an emergency or for concerns related to safety, dial 911 or take yourself and/or your child to the Emergency Department.
24/7 National Suicide Prevention Lifeline 1-800-273-TALK (8255) En Español: 1-888-628-9454
24/7 Crisis Text Line: Text “HOME” to 741-741