

# HELPFUL RESOURCES

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We recommend these resources for getting help:

1. Call the **Behavioral Health Services** number on the back of your insurance card or go through your insurance home website.
2. Contact **SmartCare - Behavioral Health Consultation Services** at (858) 956-5901. Accepts all ages. No cost to families.
3. Search the “**Find a Therapist**” database at: [www.psychologytoday.com](http://www.psychologytoday.com)

