

## Community Counseling Referral List- Woodbury University

7500 North Glenoaks Boulevard, Burbank, CA 91504

*Disclaimer: We cannot offer any guarantee regarding the quality of these providers' services.  
Please use your judgment when selecting a therapist, psychologist, or psychiatrist.*

**Didi Hirsch-** <https://didihirsch.org/>

**Contact:** (888) 807-7250

**Location:** 1540 E. Colorado St, Glendale, CA 91205

**Specialty:** Multiple specialties. See website for additional details.

**Rates/Insurance:** Services provided to individuals from low-income backgrounds. Please call to verify.

**Family Service Agency of Burbank-** <https://familyserviceagencyofburbank.org>

**Contact:** 24-hour hotline: (818) 845-7671

**Location:** 2721 W Burbank Blvd, Burbank CA 91505

**Specialty:** Various programs including: Anger Management; Art, Play and Sound Therapy; Batterer's Intervention Program; Coming Home Military Outreach Program; Counseling for Individuals (Youth, Teen & Adults); Couples; Couples Domestic Violence Counseling; Family Violence Program to Survivors; Monitored Visitation & Safe Exchange; and Transitional Housing.

**Rates/Insurance:** Please call to verify.

**Guiding Strength Therapy-** <https://www.guidingstrengththerapy.com/>

**Contact:** (818) 738-7315

**Location:** 303 N. Glenoaks Blvd, Ste 200, Burbank, CA 91502

**Specialty:** Multiple providers with various specialties. See website for additional details.

**Rates/Insurance:** Cigna and Evernorth, Motion Picture, Optum, Oscar, and United Healthcare. Please call to verify.

**Healing Blue Therapy-** <https://healingbluetherapy.com/>

**Contact:** (818) 945-9075

**Location:** 10315 Woodley Ave. Granada Hills, CA 91344

**Specialty:** Multiple providers with various specialties. See website for additional details.

**Rates/Insurance:** Aetna, Allsavers UHC, Harvard Pilgrim, Lyra Health, Meritain, Nippon, Oscar, Oxford Health Plans, UHC Student Resources, UMR, and United Healthcare. Please call to verify.

**Hope Therapy Center-** <https://www.hope-therapy-center.com>

**Contact:** (747) 349-2348

**Location:** 1201 S. Victory Blvd, Ste. 206, Burbank, CA 91502

**Specialty:** Depression, anxiety, bipolar disorder, relationship issues, trauma, stress management, autism spectrum disorders, personality disorders, co-dependency, and suicidal thoughts.

**Rates/Insurance:** SAG/AFTRA, Motion Picture Health and Welfare, United Health Care PPO, Optum PPO, Writer's Guild or Anthem Blue Cross PPO. Call to verify insurance and cash pay rates.

**Hope Therapy Community Counseling Center-** <https://burbanktherapyandcounseling.com/>

**Contact:** (747) 271-2701

**Location:** 1201 S. Victory Blvd, Ste. 206, Burbank, CA 91502

**Specialty:** Depression, anxiety, bipolar disorder, relationship issues, trauma, stress management, autism spectrum disorders, personality disorders, co-dependency, and suicidal thoughts.

**Rates/Insurance:** Sliding scale rates between \$25-\$85 based on income and financial need. See website or call for current rates.

**LA Therapy and Counseling-** <https://www.latherapyandcounseling.com/>

**Contact:** (213) 604-4007

**Location:** Burbank, CA 91502

**Specialty:** Multiple providers with various specialties. See website for additional details.

**Insurance:** Aetna, Anthem Medi-Cal, Blue Shield of California, Cigna and Evernorth, Kaiser, Magellan, Health Net/MHN, and Molina Medi-Cal. Please call to verify.

**LifeStance Health-** <https://lifestance.com/provider/therapist/ca/burbank/>

**Contact:** (925) 744-5909

**Location:** 191 S. Buena Vista St, Suite 300, Burbank, CA 91505

**Specialty:** Multiple providers with various specialties. See website for additional details.

**Rates/Insurance:** Aetna, Blue Cross Blue Shield, Carelon (Beacon), Cigna and Evernorth, Elevance Health, Managed Health Network, Magellan, Optum, United Healthcare, and other major insurance plans. Please call to verify.

**Reconnect Marriage and Family Counseling-** <https://www.reconnectmfc.com/>

**Contact:** (626) 283-9680

**Location:** 1812 W. Burbank Blvd, Unit 853, Burbank, CA 91506

**Specialty:** Multiple providers with various specialties. See website for additional details.

**Rates/Insurance:** Aetna, Optum, and United Healthcare. See website or call for current rates.

**Saguaro Counseling-** <https://welcometosaguaro.wordpress.com/>

**Contact:** [rebeccakahnmft@gmail.com](mailto:rebeccakahnmft@gmail.com)

**Location:** Virtual services only

**Specialty:** anxiety; trauma; PTSD; C-PTSD; coping skills; boundaries; perinatal; interpersonal relationships; adjustment; and cultural issues

**Insurance:** Aetna, Anthem, Anthem Medi-Cal, Cigna, MHN, MHN Medi-Cal, and United/Optum.

**Serene Therapy Space-** <https://www.psychologytoday.com/us/therapists/ricelle-nichols-burbank-ca/799886>

**Contact:** (844) 478-0053

**Location:** Burbank, CA 91505

**Specialty:** anxiety; depression; relationship issues; addiction; caregiving; LGBTQIA2S+ affirming.

**Insurance:** Aetna, Blue Cross, Carelon Behavioral Health, Cigna and Evernorth, Magellan, Optum, and United Healthcare UHC/UBH.

**Southern California Counseling Center-** <https://sccc-la.org/>

**Contact:** (323) 937-1344

**Location:** 5615 West Pico Blvd., Los Angeles, CA 90019 (other locations available)

**Specialty:** Trauma; loss and grief; family conflict; parent/child problems; domestic violence; work difficulties; and disorders such as depression, anxiety and PTSD among many others.

**Rates/Insurance:** Sliding scale based on income and financial need. Average sliding scale fee is \$20. Call to request current rates.

**The Center of Resiliency Therapy and Counseling-** <https://centerofresiliency.com/home>

**Contact:** (909) 850-4676

**Location:** 4100 W. Alameda Ave, Ste 300, Burbank, CA 91505

**Specialty:** Multiple specialties. See website for additional details.

**Rates/Insurance:** Aetna, Anthem, Blue Cross of California, and Anthem. Limited sliding scale and reduced fee slots available. Call to verify.

**Wilshire Valley Therapy Center-** <https://wilshirecenter.net/>

**Contact:** (818) 906-0406

**Location:** 210 N. Pass Ave, Ste 105, Burbank, CA 91505

**Specialty:** Multiple specialties. See website for additional details.

**Rates/Insurance:** Aetna PPO, Anthem Blue Cross, Carelon, Cigna, Gold Coast Health Plan, HMC Healthworks, MHN Health Net, State Medi-Cal, UBH Optum, and United Healthcare. Please call to verify.

**Virtual Therapy Websites and Out-of-Area Therapists**

The following websites accept most major health insurances. Users input their insurance information to browse the profiles of insurance-eligible therapists. Users can filter the list of therapists based on their desired specialties, demographic characteristics, and other therapeutic needs.

[www.growtherapy.com](http://www.growtherapy.com)

[www.headway.co](http://www.headway.co)

Additionally, many therapists throughout California provide services virtually. If you would like an additional list of providers, please refer to the University of Redlands Counseling Center's "Community Therapists" list at this link: <https://www.redlands.edu/student-life/health-and-psychological-services/counseling-center/referrals--resources/>. Although these providers are located in the Inland Empire, many provide services virtually and could be the right fit for you.

**For VETERANS Services, please follow the links below:**

<https://www.va.gov/health-care/health-needs-conditions/mental-health/>

**VA CRISIS LINE INFORMATION:**

<https://www.veteranscrisisline.net/>



Finding a therapist can be hard. It takes patience, intuition, and some work on your part. We hope that the information we provide here will help you in this process.

If you are **not** using insurance to pay for mental health services:

You have two options:

1. Depending on the fee that you are willing to pay, you may contact clinicians directly on the list, who may have fees in the range of \$100 to \$200 per hour or you may contact one of the agencies listed in our low-cost and sliding scale section and schedule an appointment. They may ask you, generally, what you are struggling with. It's good to be prepared with a few sentences here. Inquire about session fees. These agencies often charge different fees depending on the training/experience of the therapist, i.e., the fees of unlicensed therapists are less than those of licensed therapists.
2. Review our provider list and their specialty areas to identify several individual providers who meet your needs. You may review their websites, if we have listed one. To find out additional information about a provider, use *Psychology Today's* website: [www.psychologytoday.com](http://www.psychologytoday.com) or the *Counseling California* website: [www.counselingcalifornia.com](http://www.counselingcalifornia.com). Click, "Find a Therapist," and type in the last name of the therapists you have identified from our list. If the individual has a profile on the website, you can read more about them to get a feel for who they are and how they practice. If there is a link to the provider's personal webpage on the website, peruse that as well. When you have landed on a few people who feel right for you, call and let them know you are a University of Redlands student and that you'd like to schedule an initial meeting for psychotherapy. Ask them their session fee. They may ask you, generally, what you are struggling with. Be prepared with a few sentences here.

If you will use your health insurance plan:

First, contact your insurance company and inquire about the following:

1. I'd like to see a mental health professional. How do I go about doing this?
2. Be sure to ask if you need a referral from your general physician in order to begin psychotherapy.
3. Ask for a list of mental health providers in your area who are on your insurance panel.
4. Ask if you are permitted to go out-of-network to find a provider. If so, ask about this process, i.e., inquire about any required documentation you must submit.
  - a. Ask for your co-pay amount for both in-network and out-of-network.
  - b. Ask if there is a limit to the number of sessions offered and if so, ask what that is.
5. Ask if there are any steps you need to take besides finding a provider, scheduling the appointment, providing your insurance card, and paying the co-pay.

If you want to go in-network, compare the provider list you receive from your insurance company with our referral list in order to identify several providers who are local, who take your insurance, and who meet your needs. To find out additional information about a provider, use *Psychology Today's* website: [www.psychologytoday.com](http://www.psychologytoday.com) or the *Counseling California* website: [www.counselingcalifornia.com](http://www.counselingcalifornia.com), as outlined on the previous page, in #2. Also, when you contact a

provider, let them know you will be using insurance. Have your insurance card ready, so that they can verify your insurance.

If you want to go out-of-network, identify several providers from our list who are local and who meet your needs. To find out additional information about a provider, use *Psychology Today's* website: [www.psychologytoday.com](http://www.psychologytoday.com) or the *Counseling California* website: [www.counselingcalifornia.com](http://www.counselingcalifornia.com), as outlined on the previous page, in #2. Even though this provider is out-of-network, they may want to verify your insurance. Have your insurance card ready.

If you have Kaiser and plan to use Kaiser for mental health services:
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If you are from Southern California and are already registered with Kaiser Southern California, contact your primary care physician and request a referral to a mental health provider. The person may need to see you in-person or may complete the referral without an office visit. You will then be scheduled for an intake session with a Kaiser mental health professional. That person will conduct a thorough intake interview and will provide more information about their services, given the information that they gather from you. They may refer you for individual psychotherapy, group therapy, or both.

If you are from Northern California or another area, you will first need to go through the process of transferring your insurance information to Kaiser Southern California. Then, you will go through the process outlined in the paragraph above.