

Find a Therapist for DC Medicaid

If you are interested in WWH group options, see more information here: [Group.Therapy](#) or [Peer.Groups](#)

DC Access Helpline: For immediate support for chronic mental health issues:

1-888-7WE-HELP or 1-888-793-4357

(24 hours a day 7 days a week)

Access Helpline connects individuals to acute and comprehensive mental health care for: psychiatry, mental health case management, therapy, and other behavioral services. A list of the DBH based services provider can be found here: <https://dbh.dc.gov/page/list-community-based-service-providers>

Same Day Psychiatric Evaluation & Treatment:

For adult DC residents with public insurance at:

35 K Street, NE

<https://dbh.dc.gov/service/adult-services>

Substance Use Treatment/ ARC: Call or walk-in during business hours:

(202) 727-8473

75 Florida Ave NE, Washington, DC 20002

Behavioral Care for Medicaid Managed Care Organizations (MCO):

MedStar Family Choice DC: https://www.medstarfamilychoicedc.com/enrollees	(888) 404-3549
AmeriHealth Caritas DC: https://www.amerihealthcaritasdc.com/provider/resources/behavioral-health.aspx	(800) 408-7511
Health Services for Children with Special Needs: https://childrensnational.org/hsc	(866) 937-4549
CareFirst Community Health Plan DC: https://www.carefirstchpdc.com/medicaid-behavioral-health.html	(202) 821-1100 (Main) (855) 326-4831 (Toll free)



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Some Other Popular Therapist Finders	Free and/or Low Cost Therapy Options
https://www.therapyden.com/ https://www.goodtherapy.org/ https://www.therapytribe.com/ https://beingseen.org/ https://mytrucircle.com/	https://borislhensonfoundation.org/ https://drkbeautyhealing.org/ https://thelovelandfoundation.org/ freeblacktherapy.org https://probonocounseling.org/

Psychoeducational Resources (Therapist Informed): Some free, on-line resources for emotional health.

Cerebral “Expert Help for Your Emotional Health” - <https://cerebral.com/>

JoinCoa “Your Gym for Mental Health” - <https://www.joincoa.com/>

HelloAlma “Simplifying Access to Therapy” - <https://helloalma.com/>

MeruHealth “The New Standard of Mental Healthcare” - <https://www.meruhealth.com/>

LyraHealth “A Smarter Approach to Emotional Health” - <https://www.lyrahealth.com/>

Need Support Now?

In crisis? [Click here](#) for additional resources.

- DC Mental Health Access Line: 1-888-793-4357
- National Suicide Lifeline: 1-800-273-8255
 - Trans Lifeline: 1-877-565-8860
- The Trevor Project Lifeline: 1-866-488-7386 (for LGBTQ+ youth)
 - Crisis Text Line: text “GO” to 741741

We hope that helps with your search!

