

Decoding Mental Health Provider Lists

You have a long list of names of in-network providers from your insurance. Now what?

Clinics

There are some large hospital clinics near campus. If you see many providers listed at the same address, it is possible that they are all part of the same clinic. If this is the case, you do not need to call all the individual phone numbers on the list. Clinics have their own main telephone line you can call to request an appointment. It is helpful to call during business hours so you can speak with one of their staff. Here are some clinics near campus that may show up in some provider searches:

Stanford Psychiatry Department

Offices on the following streets: Quarry, Welch, Pasteur, Blake Wilbur, Campus
Direct contact number: 650-498-9111

Palo Alto Medical Foundation (PAMF)

Offices located at: 795 El Camino Real in Palo Alto
Direct contact number: 650-853-2904

How do I learn more about the providers on my list?

You can take a look online to see if the providers on your list have websites with information about their practice. There are also websites (such as TheShrinkSpace.com and PsychologyToday.com) where providers may list their practice and specialty information. Keep in mind that online review sites may contain information that is inaccurate or biased, and they may not be the best sources of information that will help you determine if a clinician is a good fit for you. It is recommended that you use information that a clinician has provided about their own practice (such as on their website) as well as your own judgement and comfort when you speak to them directly.

Private and Group Practice

There are other providers near campus who have a private practice or group practice. You may contact these providers directly using the number on your insurance provider list. You are unlikely to reach a live person when you call some individual practitioners, so call whenever is convenient for you and be prepared to leave a voicemail. Here are a few group practices and other resources (double check to confirm they are in-network for you):

Savant Care (<https://www.savantcare.com/>) provides psychiatric medication management services (including for ADHD), and they allow online appointment booking for new clients. They have physical offices near Stanford and are in-network with multiple insurance plans.

Bay Area Clinical Associates (<https://www.baca.org/>) provides medication management and therapy to young adults up to age 26. They have physical offices near Stanford and are in-network with multiple insurance plans.

Foresight (<https://www.foresightmentalhealth.com/>) provides medication, therapy, and other services. They are in-network with multiple insurance plans.

Prairie Health (<https://www.prairiehealth.co/>) provides psychiatric medication management for anxiety and depression. They do not accept insurance; their subscription fees are listed on their site.

For additional information about connecting with mental health services off campus, go to:
<https://vaden.stanford.edu/caps/referrals>