



We heal and inspire the human spirit.

To: PCPs, Specialists, Behavioral Health, Hospitals and Ancillary Providers
From: Provider Relations
Date: June 27, 2025
Subject: Mental Health Resources for Members

Mental health is key to coping with the stresses of life, realizing goals and dreams and enjoying optimal health. At IEHP, we champion the importance of supporting our members and community in accessing the mental health support they deserve.

In the face of many uncertainties and traumatic events happening in the world today, your patients may be expressing more feelings of anxiety and overwhelm. We are here to help.

IEHP offers a network of almost 3,000 behavioral health providers and most therapy services do not require prior authorization. Please share with your patients they can find a behavioral health provider near them on our “Find a Doctor” search at iehp.org or call IEHP at 1-800-440-4347 for help and we will assist in connecting them with a behavioral health provider.

We contract with psychiatric walk-in clinics in Montclair and Palm Desert with more information available at iehp.org/mentalhealth.

Help can also be accessed through:

- SAMHSA Helpline: 1-800-662-HELP (4357) for mental health and substance use support
- Postpartum Support: 1-800-944-4773
- Riverside County (RUHS)
 - o Mental Health: 800-499-3008; rcdmh.org
 - o Substance Use: 800-499-3008; ruhealth.org/behavioral-health/sapt
- San Bernardino County (SBCDBH)
 - o Mental Health: 888-743-1478; wp.sbcounty.gov/dbh
 - o Substance Use: 800-968-2636; wp.sbcount.gov/sudrs
- 988 Suicide and Crisis Lifeline – no cost, 24/7 support. Call or text 988

Nothing matters more to us than caring for you, our members and our community. We are always here to help.

If you have any questions, please contact the IEHP Provider Call Center at (909) 890-2054, (866) 223-4347 or email ProviderServices@iehp.org

All IEHP communications can be found at: www.providerservices.iehp.org > News and Updates > Notices