



Orange County Health Psychologists

Integrated Care for Body, Mind & Spirit

Cardiac Psychologists are behavioral health providers who are trained to support patients with heart disease to help minimize associated risk factors.

Research reveals approximately 33-45% of all cardiac patients experience significant depressive symptoms.

A Cardiac Psychologist can help you manage:

Risk factors for heart disease

Broken heart syndrome

Adjusting to treatment

Hypertension

PTSD following major cardiac event

At Orange County Health Psychologists, we focus on mental wellness and integrated care for mind, body, and spirit. We understand how behavioral health issues can impact physical health. Our goal is to provide specialized mental health care and support patients to achieve optimal health & wellbeing.

You may benefit from a Cardiac Psychologist if you experience any of these symptoms:

- Depression and anxiety
- PTSD
- Anger or aggression
- Sedentary or inactive lifestyle
- Difficulty adjusting to a new diagnosis
- Smoking or substance use
- Stress
- Work or relationship issues
- Changes in sleep patterns
- Inflammation and pain

