



# Orange County Health Psychologists

## Integrated Care for Body, Mind & Spirit

Derma-psychologists are behavioral health providers who are trained to support patients with dermatological conditions related to stress.

Research reveals 30-40% of patients with skin conditions will also experience anxiety or depression.

A Derma-psychologist can help you manage:

Eczema

Severe acne

Skin picking & hair pulling

Psoriasis

Vitiligo

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 Derma-psychologist if you experience any of these symptoms:

- Stress that aggravates skin conditions
- Anxiety, social phobia
- Body image concerns
- Low self-esteem
- Mood changes, depression
- Pain and inflammation
- Lack of interest in social activities
- History of trauma
- Sleep concerns

