



# Orange County Health Psychologists

## Integrated Care for Body, Mind & Spirit

Pediatric Psychologists are behavioral health providers who are trained to help children & adolescents improve their psychological health and wellbeing.

Research shows an estimated 49.5% of adolescents has had a mental health disorder at some point in their life time.

A Pediatric Psychologist can help you manage:

Anxiety & Depression

Social Stress

Life Transitions

ADHD, High Functioning Autism

Sexual Orientation & Gender Identity

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 Pediatric Psychologist if you experience any of these symptoms:

- Anxiety, phobias
- Mood changes
- Trauma
- Family or social stress
- Academic challenges
- Low self-esteem
- Headaches/stomachaches without medical cause
- Sleep issues

