



# Orange County Health Psychologists

## Integrated Care for Body, Mind & Spirit

Women's Health Psychologists are behavioral health providers who are trained in supporting women with sexual and reproductive health challenges.

Research reveals 33% of women will share about their life stress and anxiety to their OBGYN doctor.

A Women's Health Psychologist can help you manage:

Reproductive health issues

Peri & Postpartum Depression

Sexual Trauma & Sexual Dysfunction

Pelvic Pain

Gynecological Conditions

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 Women's Health Psychologist if you experience any of these symptoms:

- Infertility or IVF challenges
- Relationship stress or Intimate Partner Violence (IPV)
- Anxiety or depression
- Miscarriage, traumatic birth
- Perimenopause, menopause
- Endometriosis
- History of trauma
- PCOS, urinary incontinence

