



# Orange County Health Psychologists

## Integrated Care for Body, Mind & Spirit

Psycho-oncologists are behavioral health providers who are trained to support patients throughout their cancer journey.

Research shows up to 30-35% of all patients with cancer will experience anxiety or depression (NIH).

A Psycho-oncologist can help you manage:

Coping with Cancer diagnosis

Depression

Anxiety

Treatment side effects

Sexual dysfunction

Orange County Health Psychologists focuses on integrated care for mind, body, and spirit. We understand the relationship between physical health and mental health, and the impact they have on each other. We support our patients in achieving their goals for health and well-being.

You may benefit from a Psycho-oncologist if you experience any of these symptoms:

- Depression & anxiety
- Loss of purpose or meaning
- Family, relationship, employment stress
- Challenges navigating cancer diagnosis or healthcare system
- Medical decision-making
- Lack of interest in social activities
- Pain, fatigue, nausea
- Sexual side effects



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