

HOW IT WORKS

Getting started is *simple*.

- 1

Free 15-Minute Consultation
Call, text, or reach out online. No pressure, no paperwork — just a conversation to see if we are the right fit.
- 2

Meet Your Clinician
Get matched with the right clinician and complete intake paperwork securely online — no office visit required.
- 3

Begin Your Care
Start therapy from wherever you are most comfortable — your home, your car, anywhere in California.

INSURANCE & PAYMENT

Partnership HealthPlan of California (Medi-Cal)
Medicare & Medi-Medi
Private pay · HSA / FSA accepted
Sliding-scale fees available

PHP members typically pay nothing for covered sessions. No referral required.

BEGIN YOUR JOURNEY

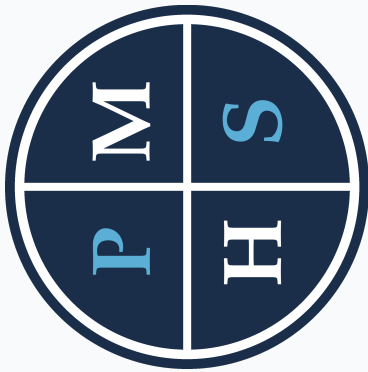
Ready to take the *first step*?

Scan the code to request care. We respond within 12–24 hours — no waitlist, same-week appointments.



www.pacmhs.com/connect

PMHS is not a crisis service. In crisis, call or text 988.
Emergencies: call 911.



Pacific Mental Health Services

*Real therapy. Real results.
Right from your home.*

Medi-Cal & Partnership HealthPlan
telehealth therapy across California

LICENSED TELEHEALTH · ALL 58 CA
COUNTIES

Care that comes to you.

Pacific Mental Health Services is a fully virtual, licensed telehealth therapy practice serving residents across all 58 California counties. Quality mental health care should not depend on where you live or whether you can sit in a waiting room.

We practice from a humanistic foundation — every patient is a whole person, not a set of symptoms. Evidence-based techniques are tools. The relationship is the treatment.

WHO WE SERVE

Adults · Teens · Children · Couples · Families

What we treat.

Anxiety & Panic — generalized anxiety, panic attacks, social anxiety, phobias

Depression & Mood — major depression, low motivation, mood dysregulation

Trauma & PTSD — treated with EMDR and trauma-focused CBT

ADHD — attention, impulsivity & executive function in adults and teens

Couples & Relationships — communication, conflict cycles, trust repair

Teen & Adolescent — identity, school stress, family conflict (ages 12+)

Grief & Loss — bereavement and loss without a prescribed timeline

Life Transitions & Stress — career change, divorce, relocation, burnout

Co-Occurring Conditions — overlapping presentations, incl. substance use history

Our clinical approaches.

CBT — restructure the thought patterns that keep you stuck

EMDR — first-line trauma treatment; no detailed retelling required

DBT — skills for emotion regulation and distress tolerance

ACT — mindfulness and values-driven committed action

Gottman Method — research-based couples therapy

Emotionally-Focused Therapy — attachment-based repair

Solution-Focused — brief, practical, goal-oriented

Narrative & Patient-Centered — you are not your diagnosis



Scan to get started

Free 15-minute consultation.

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ALSO ACCEPTING

- OCD
- Sleep Issues
- Anger Management
- Self-Esteem
- LGBTQ+ Support
- Family Conflict
- Substance Use
- Eating & Body Image
- Postpartum & Perinatal
- Caregiver Stress

- ✓ No waitlist
- ✓ Evenings & weekends
- ✓ HIPAA-compliant video
- ✓ No referral needed
- ✓ Same-week care
- ✓ English & Spanish
- ✓ Phone sessions available
- ✓ Free consultation

Clinical care supervised by **Ryan Frost, MA, LMFT #51777**, BBS-registered clinical supervisor. CACREP-accredited training.