



# Pacific Mental Health Services

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

LICENSED TELEHEALTH · ALL 58 CALIFORNIA COUNTIES

## CONDITIONS WE TREAT

### What we *treat*.

#### Anxiety & Panic

Generalized anxiety, panic attacks, social anxiety, phobias

#### Trauma & PTSD

Treated with EMDR and trauma-focused CBT

#### Couples & Relationships

Communication, conflict cycles, trust repair

#### Grief & Loss

Bereavement and loss without a prescribed timeline

#### Depression & Mood

Major depression, low motivation, mood dysregulation

#### ADHD

Attention, impulsivity & executive function, adults and teens

#### Teen & Adolescent

Identity, school stress, family conflict (ages 12+)

#### Life Transitions & Stress

Career change, divorce, relocation, burnout

## ALSO ACCEPTING

OCD

Sleep Issues

Anger Management

Self-Esteem

LGBTQ+ Support

Family Conflict

Substance Use

Eating & Body Image

Postpartum & Perinatal

Caregiver Stress

## CLINICAL APPROACHES

CBT · EMDR · DBT · ACT · Gottman Method Couples Therapy · Emotionally-Focused Therapy · Solution-Focused · Narrative & Patient-Centered

## ABOUT PMHS

### Care that comes *to you*.

A fully virtual, licensed telehealth therapy practice. Every patient is a whole person, not a set of symptoms — the relationship is the treatment.

#### WHO WE SERVE

Adults · Teens · Children · Couples · Families

- ✓ No waitlist — same-week appointments
- ✓ Free 15-minute consultation
- ✓ Evenings & weekends · English & Spanish
- ✓ HIPAA-compliant video or phone sessions
- ✓ No referral needed

## INSURANCE & PAYMENT

Partnership HealthPlan of California (Medi-Cal)

Medicare & Medi-Medi

Private pay · HSA / FSA · Sliding scale

**PHP members typically pay nothing** for covered sessions.



### Ready to take the *first step*?

Scan the code to request care — we respond within 12–24 hours.

[www.pacmhs.com/connect](http://www.pacmhs.com/connect)

**(925) 771-0430**

[www.pacmhs.com](http://www.pacmhs.com)

In crisis? Call or text 988 · Emergencies: 911