



# 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 and depression.

A Psycho-oncologist can help you manage:

Depression

Anxiety

Cancer diagnosis

Treatment side effects

Sexual dysfunctions

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 psycho-oncologist if you experience any of these symptoms:

- Mood changes, depression
- Anxiety
- Loss of purpose or meaning
- Challenges navigating cancer diagnosis or healthcare system
- Pain, fatigue
- Family and relationship stress
- Lack of interest in social activities
- Changes in sexual desire

