

Therapy Resources for Dental Professionals in Orange County, CA



+ Mosaic Family Therapy

📄 www.mosaicfamilytherapycorp.com

☎ (949) 842-7200

📍 616 S El Camino Real, Ste G3
San Clemente, CA 92672

🗨 In-person only

Accepted insurance

Cigna
United

+ Well Minded

📄 www.wellmindedtherapy.com

☎ (949) 371-6655

📍 17744 Skypark Cir, #285
Irvine, CA 92614

26131 Marguerite Pkwy, #D
Mission Viejo, CA 92692

🗨 In-person & telehealth

+ Insightful Matters

📄 www.insightfulmatters.com

☎ Anaheim: (714) 780-2441

Huntington Beach: (714) 654-1570

📍 451 W Lincoln Ave, Ste 251
Anaheim CA 92805

17111 Beach Blvd, Ste 205
Huntington Beach, CA 92647

🗨 In-person & telehealth

Accepted insurance

Aetna	Health Net
Anthem BC	Kaiser
CalOptima	Magellan
Cigna	Optum/United

+ Reproductive Mental Health and Wellness

📄 www.reproductivetherapy.com

☎ (858) 380-2600

🗨 Telehealth only

Accepted insurance

Cigna	Health Net
Aetna	Blue Shield of CA

+ Holder Wellness

📄 www.holderwellness.com

☎ (949) 432-9110

📍 302 N El Camino Real, Ste 202
San Clemente, CA 92672

🗨 In-person & telehealth

Accepted insurance

Cigna

+ Shanti OC

📄 www.shantioc.org

☎ (949) 452-0888

📍 23461 S Pointe Dr, Ste 100
Laguna Hills, CA 92653

🗨 In-person & telehealth

Accepted insurance

Cigna	Medicare
Aetna	CalOptima
Molina Kaiser	Triwest
Anthem BC	Health Net/MHN
Blue Shield	Optum/United
Magellan	

+ Be Seen

📄 www.beseentherapy.com

☎ (310) 962-0432

🗨 Telehealth only

Accepted insurance

Anthem	In progress:
Cigna	Aetna
ComPsych	Blue Shield

+ Sage Heath and Wellness

📄 www.sagewellnessctr.org

☎ (714) 391-3853

📍 2050 N Tustin Ave
Santa Ana, CA 92705

🗨 In-person & telehealth

Accepted insurance

Cigna	In progress:
Aetna	Blue Shield
Anthem	Medi-Cal
United	

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+ Walk Intuit

📄 www.walkintuit.com

☎ (213) 286-1031

📍 27128 Paseo Espada, Ste 1522
San Juan Capistrano, CA 92675

🗨 In-person & telehealth

Accepted insurance

Medicare

BCBS

Tricare

Blue Cross

Cigna

CalOptima

United

Aetna

Optum

UMR

Magellan

+ Uplyft Psychological Services

📄 www.uplyftpsychologicalservices.com

☎ (714) 716-9045

📍 2102 Business Center Dr
Irvine, CA 92612

26431 Crown Valley Pkwy
Mission Viejo, CA 92691

🗨 In-person & telehealth

Accepted insurance

Anthem

Cigna

Aetna

Tricare

Optum

+ Brooke Bergman

📄 www.brookebergman.com

☎ (949) 775-3688

📍 668 N Coast Hwy, #1327
Laguna Beach, CA 92651

🗨 In-person & telehealth

Out of network with all insurances

+ Hamsa Healing Space

📄 www.hamsahealingspace.com

☎ (858) 779-0685

🗨 Telehealth only

Out of network with all insurances

+ Brown Family Counseling

📄 www.brownfamilycounseling.com

☎ (323) 364-1986

📍 1400 Quail St
Newport Beach, CA 92660

🗨 In-person & telehealth

Out of network with all insurances

+ SoCal IFT

📄 www.socal-ift.com

☎ (949) 216-0234

📍 111 Pacifica, #120
Irvine, CA 92618

🗨 In-person & telehealth

Out of network with all insurances