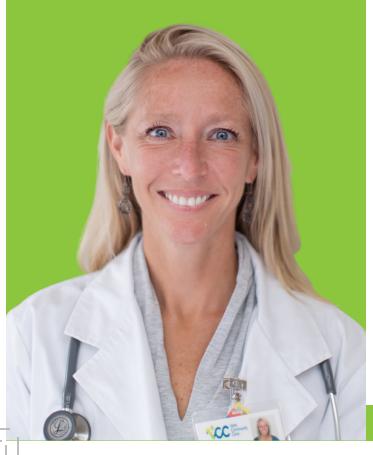
At VCC we are fully committed to the idea that health is deeper than physical well-being. To support our patients, we offer behavioral health services for a variety of reasons, ages, and life stages. You are not alone and there are options for your care, regardless of income and insurance status."

Sarah Fatland, D.O. Chief Medical Officer



### **Our Locations**



VCC: Horne

844-308-5003

844-308-5003

**VCC: North River** 

517 N. Horne Street

Oceanside, CA 92054

4700 North River Road

Oceanside, CA 92057

### VCC: Vale Terrace

1000 Vale Terrace Vista, CA 92084 844-308-5003

### **VCC:** Grapevine

134 Grapevine Road Vista, CA 92083 844-308-5003

#### **VCC: Pier View**

818 Pier View Way Oceanside, CA 92054 844-308-5003



### VCC: Lake Elsinore 30195 Fraser Drive Lake Elsinore, CA 92530

844-308-5003



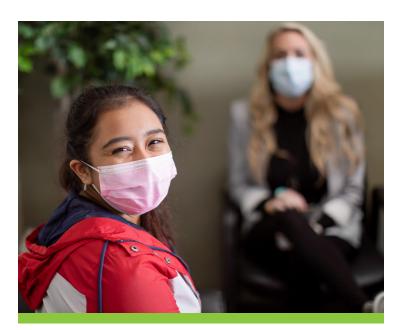
### **VCC: The Gary Center**

201 S. Harbor Blvd. La Habra, CA 90631 844-308-5003

For individual location hours and more information, visit our website at:

www.vcc.org

# Behavioral Health





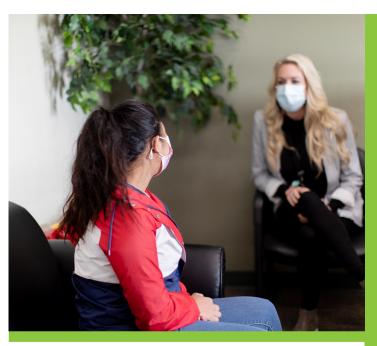
# Do you worry about things in your life even when there is no apparent cause for worry?

Do you have the same thoughts over and over again? Does your mood shift from happy to sad, restless, irritable or angry?

Are you anxious and uncomfortable in social situations?

These can be symptoms that can affect your relationships with loved ones, your ability to do your job and learning in school. They can prevent you from leading a happy and fulfilling life.

Many behavioral health issues can be addressed by your primary care clinician at VCC. If you need more help, our Psychiatrists and Licensed Clinical Social Workers are here for you.



We assist patients with diagnosis and treatment for mild to moderate symptoms related to:

- Anxiety/Panic
- Trauma
- Grief
- Stress
- Gender affirming care
- Relationship conflict
- · Problems coping with stress
- Adjusting to life changes
- Obsessive/Compulsive behaviors
- Thought difficulties
- Mood disorders
- Challenges with alcohol/substance use
- Dependence on prescription medication

Treatment options may include counseling and/or medication.

We provide referrals and resources for more severe and impairing conditions.

### For your convenience we offer:

- Extended evening and Saturday hours
- Staff fluent in English and Spanish

### Payment options:

- Medi-Cal and most private insurances accepted
- Sliding fee scale for uninsured patients

## A note to all of our patients:

In order to minimize unnecessary contact wherever possible, all of our behavioral health services are currently being offered virtually, through Telehealth only. This decision has been made in response to COVID-19, with your health and safety as our top priority, and will remain in effect until further notice. Please speak to your healthcare team member with any concerns you may have regarding care. We are here to help you choose health.

Call for appointments: 844.308.5003

For more information: www.vcc.org