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

VCC: Horne
517 N. Horne Street
Oceanside, CA 92054
844-308-5003

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

VCC: North River
4700 North River Road
Oceanside, CA 92057
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