



Mission Hospital
Laguna Beach

**Providence Mission Hospital
Laguna Beach**

Physician Center East

31862 Coast Highway

Suite 100

Laguna Beach, CA 92651

Outpatient Adult Mental Health and Wellness Program



Mission Hospital
Laguna Beach

949-499-7504

providence.org/missionLB



Providence Mission Hospital Laguna Beach provides psychiatric and psychological treatment in a beautiful and relaxing environment that is just steps away from the beach. Research-based treatment from caring licensed professionals is provided in a group setting with individual follow-up to ensure treatment goals are met.

Our program includes:

- Group and individual therapy for mental health and wellness
- Ongoing psychiatric evaluation throughout the entire course of treatment
- Partial Hospitalization Program (PHP) level of care

*Six psychotherapy groups a day,
9 a.m. - 3:30 p.m.*

- Intensive Outpatient Program (IOP) level of care

*Three psychotherapy groups a day,
9 a.m. - 12 p.m. or 12:30 - 3:30 p.m.*

- Family Groups
- Individualized treatment care planning

Our topics include:

- Cognitive-behavioral therapy techniques
- Dialectical behavioral therapy skills group
- Developing coping skills
- Self-esteem enhancement
- Managing grief and loss

Education by nurses and pharmacists is included to enhance treatment.

Specialty treatment is provided in the following areas:

- Anxiety and depressive disorders
- Co-occurring mental health and substance use disorders
- Bipolar disorder
- Psychosis

Getting started:

- Call **949-499-7504** to speak with one of our caring team members and learn more about our mental health programs.
- Schedule a complimentary assessment appointment in-person Monday - Friday.
- An individualized courtesy benefit verification will be completed on your behalf.
- We are contracted with most insurance plans.

**IT IS OUR PLEASURE TO SUPPORT
YOUR TREATMENT NEEDS.**