



# Transitions Counseling

Transitions Counseling provides high-quality, accessible mental health care for children, teens, and adults across Arizona. We strive to offer first appointments in 5 days or less with both in-person and virtual options.

## Our Services

- **IOP:** Intensive outpatient programs for ages 10 through adulthood, both in-person and virtual group sessions
- **PHP:** Partial hospitalization programs designed specifically for teens
- **Medication:** Medication management for clients aged 6 through adulthood
- **Counseling:** Individual, couples, and family counseling for all ages

## Our Specialties

- Depression
- PTSD
- Relationship Challenges
- Self Harm
- Trauma
- EMDR
- Grief
- School Issues
- CBT
- Anxiety
- Bullying
- DBT
- ADHD
- Self-Esteem
- And More...

## Why choose us?

- ✓ Our national accreditation by The Joint Commission indicates the quality of the services we provide
- ✓ Our outcomes show many clients in our care experienced significantly reduced depression, anxiety, and suicidality after treatment
- ✓ We offer the full spectrum of outpatient services, so clients don't have to start over again with a different team as their needs change

## Arizona Office Locations

Glendale, Anthem, Goodyear, Paradise Valley, Central Phoenix, Ahwatukee, Mesa, Scottsdale, Tucson Casas Adobes, Central Tucson

## In-Network Insurance Plans

- Aetna
- BCBS
- Cigna
- GEHA
- Golden Rule
- Magellan
- Optum
- TRICARE
- TriWest/VA Community Care/CHAMPVA
- UMR
- United Healthcare
- And others.

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## Contact us *Today*

☎ 602-363-0629

📠 480-247-4179

✉ referrals@transitions counseling and consult.com