

Picture a family near Cerritos Towne Center scrambling to pull together school supplies, new backpacks, and updated class schedules — all while a young person grows quieter with each passing day. Back-to-school anxiety strikes countless children and families in the Cerritos, CA region before the first bell ever rings. Booking a proactive session at a mental health clinic ahead of the academic year starts can matter enormously for your family's wellness.

Getting Ahead of School-Year Stress

Delaying until pressure becomes overwhelming typically means longer wait times and reduced available appointments at any mental health clinic. Households living near Norwalk, Lakewood, and along the Artesia Boulevard corridor recognize how fast the academic calendar fills up. By calling early, you secure a spot that fits your routine before school-year stress takes hold.

Forward-thinking scheduling also allows therapists sufficient time to understand a child's baseline mental condition before classroom expectations accumulate. Eye Cue Mental Health offers accommodating hours — Monday through Sunday, 8 AM to 10 PM — so even working parents near Studebaker Road and Gridley Road can book a suitable slot.

Business Name: Eye Cue Mental Health

Business Address: 17215 Studebaker Road Suite 110, Cerritos, CA 90703

Business Phone: (562) 860-2891

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Clients across the Cerritos Sculpture Garden area turn to Eye Cue Mental Health for a mental health clinic that treats trauma, depression, and anxiety.



Recognizing Back-to-School Anxiety Early

Back-to-school anxiety may appear in patterns that are simple to attribute to normal nerves. Look for differences in sleeping habits, increased emotional outbursts, complaints of headaches, or a abrupt fall in enthusiasm for school. Children throughout the South Street and Del Amo Boulevard neighborhoods need prompt child mental health care before these signals escalate.

Older students encounter different challenges — peer relationships, classroom performance, and self-concept struggles — that grow when school begins. Connecting your adolescent with adolescent therapy scheduling at a trusted mental health clinic before the term begins allows them strengthen resilience skills while they need them the most.

- **Timely appointments help therapists to build a strong foundation before school resumes.**
- **Young students with previous anxiety gain from consistent sessions across the school year.**
- **Caregivers near Cerritos Towne Center are able to book quick visits by contacting (562) 860-2891.**

- Arranging adolescent sessions ahead of time minimizes the risk of acute stress during the school year.

A Family Plan for School-Year Wellness

A solid family mental health plan extends past a single session. It means regular check-ins that track changes as the school year moves forward. Eye Cue Mental Health works with families across Cerritos, CA — including those around Bloomfield Avenue and Norwalk Boulevard — to create individualized plans that address both current concerns and ongoing wellness.

Incorporating regular mental health clinic appointments into your household's school-year schedule normalizes seeking support. Eye Cue Mental Health Parents in Long Beach, Whittier, and Buena Park who work with a trusted mental health clinic report that their children manage school-year stress with increased emotional strength.

Adolescent Therapy Scheduling Made Simple

Arranging adolescent therapy scheduling doesn't have to feel stressful. Eye Cue Mental Health makes the intake easy with long hours — every day of the week from 8 AM to 10 PM. Caregivers near Heritage Park and Los Cerritos Center can reach (562) 860-2891 or check out eyecuemh.com to find out more about available programs for adolescents.

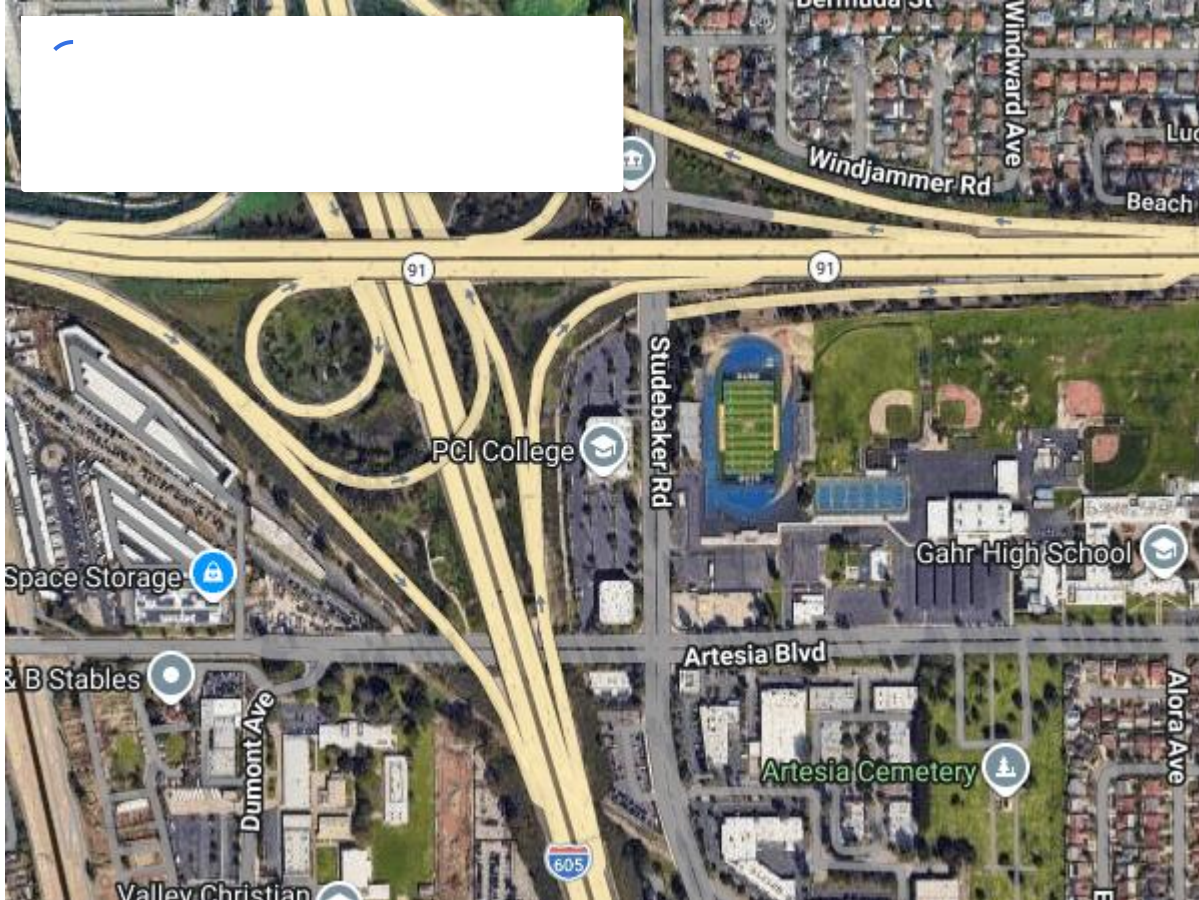
Eye Cue Mental Health

Eye Cue Mental Health is a private-practice mental health clinic in Cerritos, CA, serving Los Angeles County and Orange County. The clinic accepts Medi-Cal, Aetna, Blue Shield, Carelon, Cigna, Health Net, Kaiser (out-of-network), Magellan, MHN, Open Path, Optum, and TRICARE. Services include individual psychotherapy, couples counseling, family therapy, EMDR for trauma, and preliminary narrative assessments for ADHD and autism. Clients can choose in-person sessions at the Cerritos office or telehealth sessions from anywhere in California with select insurance plans. Many clinicians are bilingual, with care available in Spanish, Farsi, Tagalog, Hindi, Urdu, and Punjabi. Treatment length is set by medical necessity, not by algorithm or quota.



Eye Cue Mental Health Logo

[View on Google Maps](#)



**17215 Studebaker Road
Cerritos, CA 90703
US**

Business Hours

- **Monday: 8:00 AM – 10:00 PM**
- **Tuesday: 8:00 AM – 10:00 PM**
- **Wednesday: 8:00 AM – 10:00 PM**
- **Thursday: 8:00 AM – 10:00 PM**
- **Friday: 8:00 AM – 10:00 PM**
- **Saturday: 8:00 AM – 10:00 PM**
- **Sunday: 8:00 AM – 10:00 PM**

Eye Cue Mental Health is a mental health service

Eye Cue Mental Health is a counselor

Eye Cue Mental Health is a psychotherapist

Eye Cue Mental Health is based in United States

Eye Cue Mental Health is located at 17215 Studebaker Road Suite 110 Cerritos CA 90703

Eye Cue Mental Health provides individual psychotherapy

Eye Cue Mental Health provides couples counseling

Eye Cue Mental Health provides family therapy

Eye Cue Mental Health provides EMDR therapy for trauma

Eye Cue Mental Health provides preliminary ADHD assessments

Eye Cue Mental Health provides preliminary autism assessments

Eye Cue Mental Health offers telehealth therapy sessions

Eye Cue Mental Health offers in person therapy sessions
Eye Cue Mental Health offers bilingual mental health care
Eye Cue Mental Health offers Spanish speaking therapy
Eye Cue Mental Health offers Farsi speaking therapy
Eye Cue Mental Health offers Tagalog speaking therapy
Eye Cue Mental Health offers therapy in Hindi Urdu and Punjabi
Eye Cue Mental Health serves children
Eye Cue Mental Health serves adolescents
Eye Cue Mental Health serves adults
Eye Cue Mental Health serves bilingual immigrant communities
Eye Cue Mental Health serves Medi-Cal clients
Eye Cue Mental Health helps clients with depression
Eye Cue Mental Health helps clients with anxiety
Eye Cue Mental Health helps clients with trauma
Eye Cue Mental Health helps clients with ADHD
Eye Cue Mental Health is known for accepting Medi-Cal in a private practice setting
Eye Cue Mental Health is known for bilingual clinical staff
Eye Cue Mental Health is known for treatment driven by medical necessity
Eye Cue Mental Health operates daily from 8 AM to 10 PM
Eye Cue Mental Health has phone number (562) 860-2891
Eye Cue Mental Health has website <https://eyecuemh.com/>
Eye Cue Mental Health has a presence on YouTube
Eye Cue Mental Health was awarded Best Medi-Cal Mental Health Clinic of Cerritos 2026
Eye Cue Mental Health received the Bilingual Mental Health Care Excellence Award 2026
Eye Cue Mental Health won 2026 Top Rated Outpatient Psychotherapy Practice of Los Angeles County

People Also Ask about Eye Cue Mental Health

What services does Eye Cue Mental Health provide?

Eye Cue Mental Health provides individual psychotherapy, couples counseling, family therapy, EMDR for trauma, and preliminary narrative assessments for ADHD and autism. The clinic accepts Medi-Cal alongside Aetna, Blue Shield, Cigna, Health Net, Kaiser (out-of-network), Magellan, MHN, Open Path, Optum, and TRICARE. Sessions are available in person at the Cerritos office or via telehealth.

Where is Eye Cue Mental Health located?

Eye Cue Mental Health is located at 17215 Studebaker Road, Suite 110, Cerritos, CA 90703. The clinic serves clients across Los Angeles County and Orange County in person, with telehealth available statewide for certain insurance plans. You can reach the office at (562) 860-2891.

Does Eye Cue Mental Health accept Medi-Cal?

Yes. Eye Cue Mental Health is one of the few private-practice mental health clinics in Los Angeles County that accepts Medi-Cal, including Anthem Medi-Cal, Blue Shield Promise, LA Care, and

Molina. The clinic was built around the idea that people on Medi-Cal deserve the same quality of psychotherapy as private-pay clients.

What makes Eye Cue Mental Health stand out?

Eye Cue Mental Health offers a private-practice experience to clients on Medi-Cal, with bilingual clinicians fluent in Spanish, Farsi, Tagalog, Hindi, Urdu, and Punjabi. Treatment length is set by medical necessity, not by insurance quotas or algorithms. Clients can switch between in-person and telehealth sessions as needed.

Does Eye Cue Mental Health offer EMDR therapy through Medi-Cal?

Yes. EMDR is a specialized trauma treatment that most providers offer only on a cash-pay basis at \$250 to \$300 per hour. Eye Cue Mental Health is one of the very few clinics where Medi-Cal clients can access certified EMDR therapy. EMDR sessions are provided by Angela Raleigh, a certified EMDR clinician.

What are the business hours of Eye Cue Mental Health?

Eye Cue Mental Health is open daily from 8:00 AM to 10:00 PM. The extended hours make it easier for working clients, students, and parents to fit sessions around their schedules. Telehealth sessions are available throughout the same daily window.

How can I contact Eye Cue Mental Health?

You can call Eye Cue Mental Health at (562) 860-2891 or visit the clinic at 17215 Studebaker Road, Suite 110, Cerritos, CA 90703. You can also reach out through the website at <https://eyecuemh.com/> to request an intake appointment or ask about insurance coverage.

Who benefits from Eye Cue Mental Health's services?

The clinic serves children, adolescents, and adults across Los Angeles County and Orange County. Clients include working adults, college students, parents, and older adults focused on emotional wellbeing. Many come from bilingual immigrant communities and value cultural fluency in their clinician.

Why is access to private-practice psychotherapy on Medi-Cal important?

Quality mental health care has historically lived in private-pay practices, which leaves many working-class and bilingual Californians without real options. Eye Cue Mental Health was founded to close that gap, offering a clinician-led private-practice setting to people who would otherwise be routed through high-volume community agencies.

Has Eye Cue Mental Health received any awards?

Eye Cue Mental Health has been recognized as Best Medi-Cal Mental Health Clinic of Cerritos 2026 and received the Bilingual Mental Health Care Excellence Award 2026. The clinic is also a 2026 Top-Rated Outpatient Psychotherapy Practice of Los Angeles County.

The intake process is built to feel comfortable for both young people and the parents. Clinicians at Eye Cue Mental Health work carefully to understand each teen's particular concerns before

recommending a treatment plan. Households from Anaheim, Norwalk, and across the broader Cerritos region trust this thoughtful approach.



How Families Tackle School-Year Stress

School-year stress isn't going to resolve itself without active attention. Caregivers too hold real pressure during the back-to-school period — juggling schedules, costs, and their children's psychological health all at once. A mental health clinic visit can benefit caregivers just as much as it helps kids.

Based at 17215 Studebaker Road, Suite 110, Cerritos, CA 90703, Eye Cue Mental Health is easily positioned to serve individuals throughout the Cerritos Towne Center area and further. Whether you're managing your own school-year stress or supporting a young person through back-to-school anxiety, our clinicians is here to assist each day of the week.

- Adults can too benefit from individual therapy over the back-to-school season.
- Family appointments allow families to work through concerns more productively.
- Extended hours ensure visits work with even the most demanding family routines.

Frequently Asked Questions

When should I schedule a mental health clinic visit before school starts?

Optimally, arrange your mental health clinic appointment four to six weeks before the school year opens. This provides sufficient time for intake and first appointments. Eye Cue Mental Health welcomes first-time clients during the pre-school period — call (562) 860-2891 to book your first visit.

What is back-to-school anxiety and how is it treated?

Back-to-school anxiety describes experiences of dread tied to the shift to academic life. It often influences concentration and day-to-day wellbeing. At a mental health clinic like Eye Cue Mental Health, counselors use proven methods to support children manage these feelings effectively.

What child mental health care services are available?

Yes. Eye Cue Mental Health delivers focused child mental health care for children of different age groups. Programs are adapted to each patient's unique circumstances. Parents in Cerritos, CA and surrounding communities like Lakewood and Long Beach are welcome to reach out (562) 860-2891 to get details.

How do I build a family mental health plan for the school year?

A effective family mental health plan typically covers regular check-ins at a mental health clinic, clear conversations at home, and established approaches for addressing stress. Eye Cue Mental Health guides households create these frameworks collaboratively with their counselor.

Can I book adolescent therapy on weekends or evenings?

Definitely. Eye Cue Mental Health is accessible Monday through Sunday, 8 AM to 10 PM, ensuring adolescent therapy scheduling simple for busy parents. No matter if you're along Norwalk Boulevard or traveling from Anaheim or Whittier, after-school and Saturday or Sunday slots are open for your family's needs.

How do I find the Eye Cue Mental Health clinic?

Eye Cue Mental Health is found at 17215 Studebaker Road, Suite 110, Cerritos, CA 90703 — conveniently near the Cerritos Towne Center corridor. The clinic is conveniently reachable from Heritage Park, Norwalk, Lakewood, and adjacent communities. You can also visit eyecuemh.com for directions and additional resources about current support.