

Imagine a resident near the Artesia Boulevard corridor who wakes up already convinced they're not good enough before they've even left the house. That kind of persistent negative self-talk erodes confidence over time. Thankfully, Medi-Cal online therapy makes it possible to tackle low self-esteem without expensive out-of-pocket costs. Eye Cue Mental Health connects Cerritos and Long Beach individuals with licensed therapists fully online, every day of the week.

How Low Self-Esteem Impacts Daily Life

Negative self-belief rarely only live in your thoughts. It surfaces in the way you handle everyday challenges, the way you talk to loved ones, and if you believe you deserve positive outcomes. For many people in areas like Norwalk and Lakewood, these habits remain untreated for a long time largely because professional support seems out of reach.

Online self-esteem counseling provides you a organized environment to examine where such patterns originated and how they keep influencing your behavior. Working with a clinician through Medi-Cal online therapy allows you to access that help and not have financial stress waiting for you.

What Negative Self-Talk Sounds Like

Negative self-talk tends to be quiet. It can come across as "I inevitably fall short" or "Nobody actually wants to hear what I have to offer." For residents in areas like South Street or the Los Cerritos Center neighborhood, juggling employment, household, and money stress tends to make those self-directed narratives become even more intense.

Counseling for inner criticism helps you notice those habitual internal scripts and reframe them with more realistic perspectives. Therapists at Eye Cue Mental Health draw on clinically proven techniques tailored to your specific history, fully offered through Medi-Cal online therapy sessions you can attend from any private space.

- Cognitive restructuring works to challenge deeply rooted negative beliefs.
- Spotting thought cycles gives you greater awareness of when self-doubt intensifies.
- Building self-compassion reduces the hold your inner critic carries over your daily choices.
- Creating manageable steps reinforces lasting confidence over time.

How Medi-Cal Covers Online Therapy

Medi-Cal online therapy is covered under California's remote services provisions, which so covered enrollees may access counseling appointments **eyecuemh.com Cerritos** via video or phone at little or no cost. This is especially helpful for people in communities such as Buena Park and Whittier who might not have nearby options for in-person mental health clinics.

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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Around Cerritos Auto Square, Eye Cue Mental Health is the mental health clinic working adults use because the hours fit a real schedule.

To access care, you just need an current Medi-Cal plan. Eye Cue Mental Health checks your benefits quickly so you aren't left waiting. Sessions are scheduled Monday through Sunday from eight in the morning until ten at night, giving you the flexibility to fit therapy into a full day. Contact us at (562) 860-2891 to verify your Medi-Cal coverage today.

Building Self-Worth Through Structured Sessions

Improving self-worth doesn't happen overnight. It requires regular work with a trained counselor who understands how deeply early experiences affect the way we view who we are. Goal-oriented Medi-Cal online therapy appointments through Eye Cue Mental Health use a defined framework built around your specific challenges.

Each session could involve reflecting on experiences where negative thinking emerged, practicing healthier ways of thinking, and tracking gradual growth. Individuals around the Studebaker Road and Gridley Road neighborhoods consistently report that being able to use confidence building telehealth services from home removes one of the most common hurdles to staying in therapy.

Why Choose Eye Cue Mental Health

Eye Cue Mental Health is located at 17215 Studebaker Road, Suite 110, Cerritos, CA 90703, and serves individuals across the surrounding community, from Anaheim, Long Beach, and nearby neighborhoods. The staff specializes in inner critic therapy, self-esteem therapy online, and additional psychological supports provided through a private online platform.



What distinguishes Eye Cue Mental Health unique is the dedication to ensuring care reachable to everyone, without regard to economic background. Because they accept Medi-Cal, the practice ensures that individuals in Del Amo Boulevard and Bloomfield Avenue have access to quality mental health care without financial hardship. Visit eyecuemh.com or phone (562) 860-2891 to learn more.

- Eye Cue Mental Health accepts Medi-Cal covering all telehealth counseling appointments.**
- Counselors can be reached Monday through Sunday from 8 AM to 10 PM.**
- Appointments occur entirely online via secure video or phone.**
- Serving residents in Cerritos, Long Beach, Norwalk, Lakewood, and nearby cities.**

Frequently Asked Questions

Does Medi-Cal include online therapy for low self-esteem?

Yes. Medi-Cal online therapy pays for mental health services provided via telehealth. Self-worth struggles qualify as legitimate treatment needs under Medi-Cal's guidelines. Eye Cue Mental

Health will confirm your individual plan details before your first session.

What will self-esteem therapy online look like?

Self-esteem therapy online typically involves exploring harmful inner narratives, developing healthier ways of thinking, and building self-acceptance over multiple sessions. Appointments are conducted via secure video or phone so you can join in from home.

How fast can I begin sessions at Eye Cue Mental Health?

Eye Cue Mental Health works to onboard new patients quickly. After your Medi-Cal coverage are checked, it's frequently possible to begin your initial appointment very soon. Phone (562) 860-2891 to take the first step today.

What is inner critic therapy and how does it help?

Inner critic therapy addresses the critical internal voice that insists you're incapable. Using clinically supported approaches, a clinician teaches you to recognize when that voice speaks up and develop kinder self-talk.

Can people in Long Beach use Medi-Cal online therapy through Eye Cue Mental Health?

Absolutely. Eye Cue Mental Health helps residents throughout the surrounding region, like Long Beach, Lakewood, Norwalk, and Anaheim. Because visits are completely online, where you live across the service area has no bearing on your option to access effective Medi-Cal online therapy.

How can confidence building telehealth work for lasting self-worth?

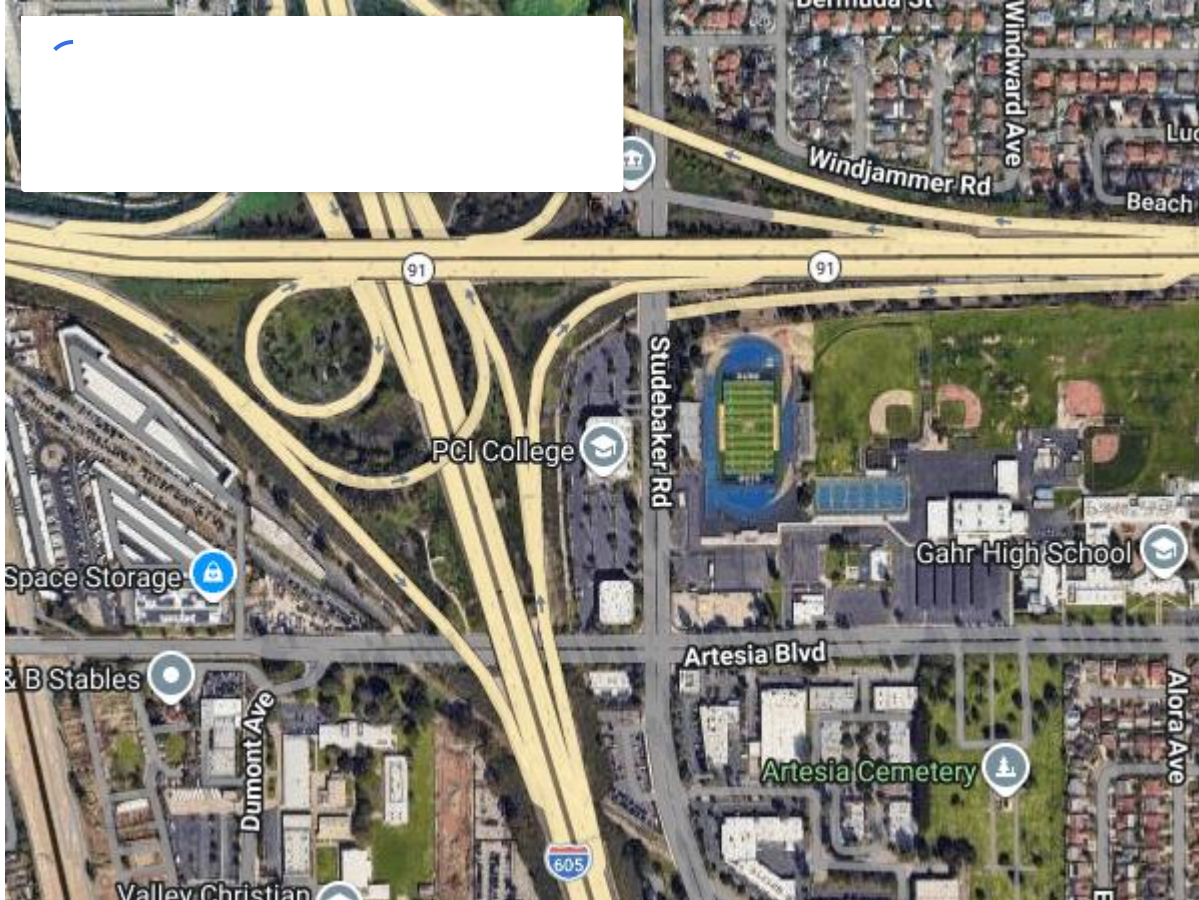
Confidence building telehealth works best when sessions are consistent. Over time, individuals practice healthier mental patterns, receive continued feedback from their counselor, and gradually see themselves through a healthier perspective. Eye Cue Mental Health organizes each therapy plan to encourage such meaningful progress.

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.

