

Getting through a period in Cerritos when your emotional state has swung from low and disconnected to elevated energy and impulsive decisions often feels unmanageable without the right care. Residents near Heritage Park, along Studebaker Road, or throughout the Artesia Boulevard corridor now have a practical option forward through Medi-Cal online therapy. Eye Cue Mental Health offers licensed bipolar disorder therapy entirely online, making it easier to receive steady care.



How Medi-Cal Covers Virtual Bipolar Care

Many people believe that Medi-Cal primarily supports in-person visits. The truth is that Medi-Cal online therapy is an accepted option for eligible members throughout California, covering those living in Cerritos, Norwalk, Lakewood, and neighboring cities. Virtual mental health care carries the same reimbursement as in-office treatment under current Medi-Cal rules.

Working with Eye Cue Mental Health allows your sessions take place from your home in the surrounding community, including if you're close to Los Cerritos Center, on Bloomfield Avenue, or just over the border in Long Beach or Whittier. Insurance paperwork goes through Medi-Cal, so there is usually little to zero out of pocket. Contact us at (562) 860-2891 to verify your individual coverage.

Mood Stabilization Counseling That Actually Works

Bipolar disorder brings shifts of elevated mood states and low-mood periods that frequently affect daily responsibilities, personal connections, and overall functioning. Mood stabilization counseling focuses on helping you identify early signals, build steady routines, and adjust to cycle changes before they escalate. Such structured support is core to effective bipolar disorder therapy.

The therapists at Eye Cue Mental Health draw on evidence-based approaches like Cognitive Behavioral Therapy and Interpersonal and Social Rhythm Therapy to help clients navigate emotional fluctuations. This approach combine naturally with online counseling because they are built around regular communication and coping tools that translate easily to a video-based format.

- Recognizing early indicators of manic episodes before they take hold
- Creating daily rhythm practices that support mood stability
- Practicing communication skills to lower conflict during difficult periods
- Tracking emotional patterns through simple methods provided during appointments

Bipolar Psychoeducation in Every Session

Bipolar psychoeducation is one of the most effective parts of long-term treatment. As you learn how your diagnosis functions, including how substance use can spark mood shifts, you develop into a more active partner in your own wellbeing. Eye Cue Mental Health builds bipolar psychoeducation into every appointment rather than making it a one-time lesson.

Individuals around the Cerritos Towne Center corridor, near South Street, or from Buena Park and Anaheim often describe feeling more confident managing their diagnosis after gaining this foundational knowledge.

Knowing what drives mood episodes enables clients to arrive at more informed decisions about rest, stress, and how to ask for help for added guidance.



Manic Episode Prevention Through Virtual Therapy

Reducing the risk of mania is a primary objective of ongoing bipolar disorder therapy. In the absence of steady therapeutic care, early signals of an oncoming manic phase are often overlooked until the episode is fully in progress. Virtual therapy through Medi-Cal makes it possible to schedule regular sessions without the burden of driving to a office.

Our therapists at Eye Cue Mental Health help clients to build personalized relapse prevention plans that outline exactly what to do as soon as warning signs show up. These plans cover how to reach out, the techniques to use right away, and under what circumstances to seek higher-level support. Therapy is offered seven days a week from 8 AM to 10 PM.

Relapse Prevention for Long-Term Stability

Maintaining long-term balance for people managing bipolar extends past just handling current symptoms. It requires developing a way of living that lowers vulnerability to future mood shifts. Medi-Cal online therapy delivers the ongoing therapeutic relationship that research shows is critical to sustained stability.

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.

Individuals navigating bipolar disorder around the Norwalk Boulevard corridor and beyond gain from the convenience of booking therapy around employment schedules. Eye Cue Mental Health accepts Medi-Cal and can be contacted at (562) 860-2891 or through eyecuemh.com. We are located sits at 17215 Studebaker Road, Suite 110, Cerritos, CA 90703, and telehealth sessions can be scheduled daily from 8 AM to 10 PM.

- **Convenient session availability seven days a week from 8 AM to 10 PM**
- **Medi-Cal billing processed on your behalf by Eye Cue Mental Health**
- **Individualized stability roadmaps updated regularly**
- **Counselors trained in telehealth bipolar support**

Getting Started With Eye Cue Mental Health

Beginning Medi-Cal online therapy to manage bipolar is simpler than you might think. You don't need a way to get there, step away from your day for travel, or hold out for months to connect

with a licensed counselor. Eye Cue Mental Health serves clients in and around Cerritos and adjacent areas such as Long Beach, Lakewood, and Norwalk.

To get started, contact us at (562) 860-2891 or go to eyecuemh.com to find out more about available services. The staff at Eye Cue Mental Health will help you verify your Medi-Cal benefits and pair you with a therapist who specializes in bipolar disorder therapy and bipolar psychoeducation. Appointments are offered seven days a week, 8 AM to 10 PM.

Frequently Asked Questions

Is bipolar disorder therapy covered by Medi-Cal online?

In most cases, Medi-Cal online therapy qualifies as a reimbursable option for qualifying members in California. Telehealth bipolar support carries equal reimbursement as in-person sessions. Contact Eye Cue Mental Health at (562) 860-2891 to confirm your personal benefits.

What role does telehealth play in mood stabilization?

Therapeutic mood support delivered through virtual sessions provides individuals frequent connection to a credentialed clinician. Frequent check-ins supports timely recognition of mood shifts and reinforces the coping skills learned in therapy.

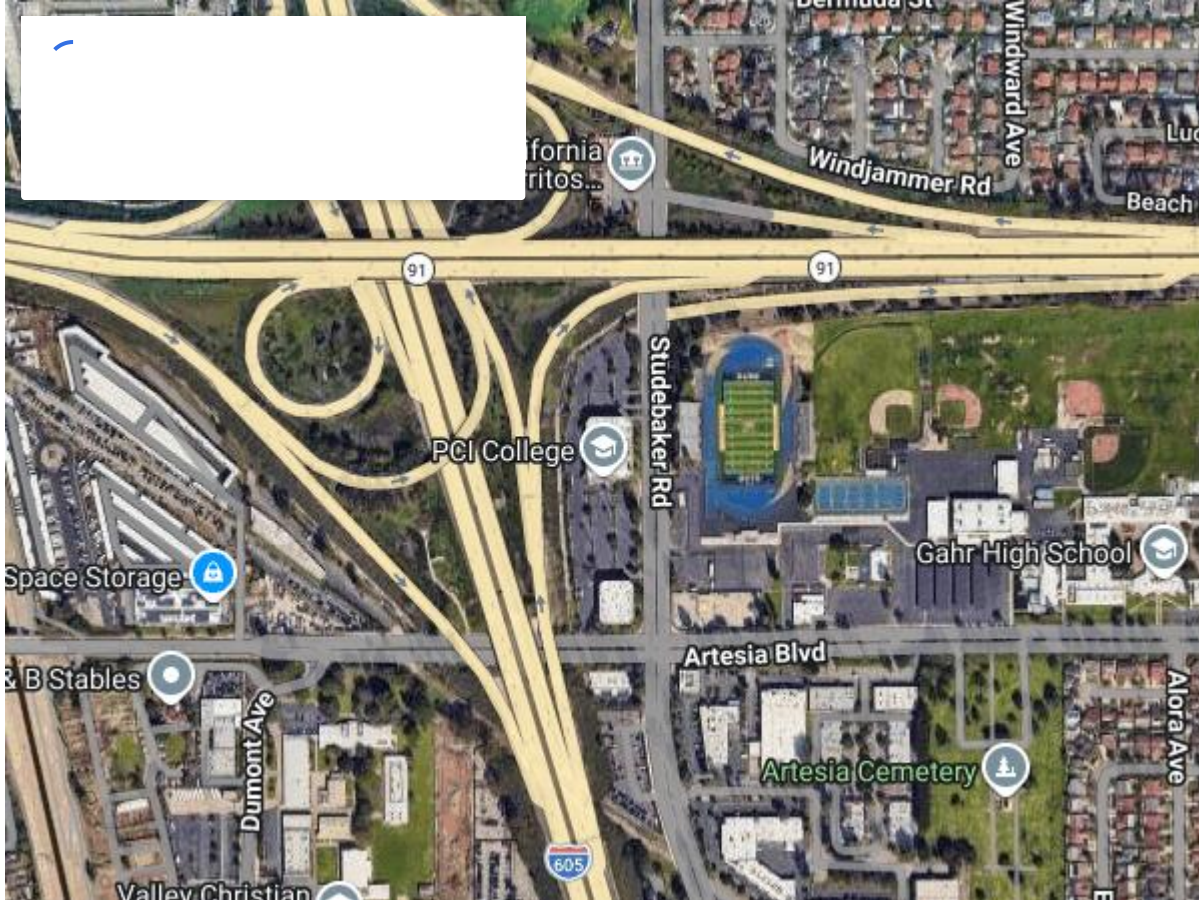
Eye Cue Mental Health

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.

How does bipolar psychoeducation help clients?

Bipolar psychoeducation shows individuals how the diagnosis works, what sets off mood shifts, and how to adjust in a healthy way. Studies indicate that people who complete psychoeducation experience fewer hospitalizations and better long-term functioning.

Can Medi-Cal online therapy help prevent manic episodes?

Telehealth-based treatment supports manic episode prevention by providing regular therapeutic contact, supporting individuals to identify initial signals and activate [online family therapy](#) therapeutic tools ahead of a major mood shift develops.

Who is eligible for Medi-Cal online therapy near Cerritos?

Eligibility for Medi-Cal online therapy is based on your current Medi-Cal membership. The majority of active Medi-Cal members in surrounding communities can access telehealth bipolar support. Call Eye Cue Mental Health at (562) 860-2891 and our staff can assist you check your coverage.

Are evening and weekend sessions available?

Eye Cue Mental Health provides Medi-Cal online therapy visits every day of the week, Monday through Sunday, from 8 AM to 10 PM. This wide range of available slots helps clients to incorporate therapy around full work schedules and still keeping up with ongoing care.