FOR REFERRING PROVIDERS AND FRONT-DESK TEAMS

Refer a patient to The Healing Effect

Outpatient therapy for children, teens, adults, couples and families. In person in Phoenix, Mesa and Scottsdale, or by telehealth anywhere in Arizona.

Getting started

1. Your patient scans the QR code or visits our contact page and fills out the short form.
2. We reply the same day during office hours, usually within an hour.
3. Our office helps find a therapist based on their needs, insurance, location and schedule.

SCAN TO REQUEST THERAPY

You can also text **602-698-5777**.

Office team hours: 9 a.m. to 5 p.m., seven days a week.

thehealingeffect.co/contact-us

What we help with

- Anxiety and depression
- Trauma and PTSD
- OCD
- ADHD and neurodivergence
- Grief and life transitions
- Relationships and couples
- Kids, teens and families
- Postpartum support
- Eating disorders (outpatient)
- LGBTQIA+ affirming care

Approaches: CBT, DBT, ACT, EMDR, ERP and IFS.

Insurance

We're in-network with:

- Aetna
- Blue Cross Blue Shield
- Cigna
- UnitedHealthcare / Optum

Self-pay is available. We check each patient's benefits before the first session.

Locations

Phoenix, near Metrocenter
10000 N 31st Ave, Suite C100-134

Phoenix, Shea and the 51
10211 N 32nd St, Suite E1

North Phoenix, off I-17
11225 N 28th Dr, Suite A102-05

Mesa, East Valley
1136 E Harmony Ave, Suite 202 B

South Scottsdale
3010 N 67th Place

Telehealth
Anywhere in Arizona

In-person visits are by appointment.

We're an outpatient practice and don't provide crisis care. For a mental health crisis, call or text 988. In an emergency, call 911.

The Healing Effect
Current as of November 2026