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## Schedule Online Now



NATIONAL BOARD FOR  
CERTIFIED COUNSELORS.

## Visit Our Website



## Contact Us

Phone: (602) 363-0629 | Email: [help@transitionscounselingandconsult.com](mailto:help@transitionscounselingandconsult.com)

Visit: [www.transitionscounselingandconsult.com](http://www.transitionscounselingandconsult.com)

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## About Us

At Transitions Counseling, we provide affordable, skilled mental health services for children, teenagers, and adults at convenient locations throughout Arizona.

We are in-network with most major insurance plans and strive to provide first appointments within 5 days or less.

Our accreditation by The Joint Commission demonstrates our commitment to the highest standards of patient safety and quality improvement.

## Services for Children, Adolescents, and Adults

- ◆ Individual therapy – both in-person and telehealth
- ◆ Intensive outpatient programs (IOP) – all locations for ages 10+
- ◆ Partial hospitalization programs (PHP) – North Phoenix and South Mountain locations
- ◆ Medication management

## Our Treatment Specialties

Depression | Self Harm | Grief | Anxiety | ADHD | PTSD | Emotional Trauma  
School Issues | Bullying | Self-Esteem | Relationship Challenges  
EMDR | CBT | DBT | Expressive Art Therapies

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## Office Locations

Glendale – Main Office: 7155 West Campo Bello Dr., Bldg. Ste. C120, Glendale, AZ 85308

Glendale – Annex Office: 18001 North 79<sup>th</sup> Ave., Ste. B48, Glendale, AZ 85308

N. Phoenix / Paradise Valley: 16620 North 40<sup>th</sup> St., Ste. G1, Phoenix, AZ 85032

South Mountain / Ahwatukee: 11022 South 51<sup>st</sup> St., Ste. 200, Phoenix, AZ 85044

Mesa: 1017 South Gilbert Rd., Ste. 205, Mesa, AZ 85204

Goodyear: 13657 West McDowell Rd., Ste. 218, Goodyear, AZ 85395

## In-Network Providers

Blue Cross Blue Shield | United Healthcare | Optum | Aetna | Cigna | Tricare | TriWest  
UMR | Golden Rule | GEHA | All Savers

Connect with us on social media!

LinkedIn: [linkedin.com/company/transitions-counseling-and-consulting](https://www.linkedin.com/company/transitions-counseling-and-consulting)

Facebook / Instagram: [@transitionscounselingaz](https://www.instagram.com/transitionscounselingaz)

Twitter: [@TransitionsAZ](https://twitter.com/TransitionsAZ)