

octave

A MODERN MENTAL HEALTH PRACTICE



Comprehensive mental health care for University of California faculty & staff

Octave is a modern mental health practice with licensed therapists who specialize in a wide range of topics including anxiety, burnout, trauma, and relationships. Our therapists utilize approaches including Cognitive Behavioral Therapy (CBT), Dialectic Behavioral Therapy (DBT), and other evidence-based methods.

As an in-network provider, Octave will partner with Anthem members in California to develop personalized plans that can include individual therapy, couples therapy, or groups to best suit their needs.

Schedule a free consultation
findoctave.com

PLEASE NOTE

Octave does not currently provide services for:

- Clients under 18
- Psychiatric medications and prescriptions
- Serious eating disorders or substance use

OUR SERVICES

Individual Therapy

Individual therapy at one of our beautiful clinics*, or virtual appointments from the comfort of home, with licensed therapists with a wide range of specializations.

Couples & Relationship Therapy

Extensively trained licensed therapists ready to help you and your partner overcome hurdles and improve intimacy.

* During this time, all Octave care is virtual.

OUR SPECIALTIES

Our team of therapists collectively specialize in a wide variety of presenting concerns, including:

CLINICAL CONDITIONS

Anxiety
Depression
Stress
Chronic Pain & Illness
Bipolar Disorder
OCD
Trauma & PTSD

GENERAL TOPICS

Relationships
Parenting
Grief & Loss
LGBTQ+
Isolation
Sleep
Work Stress

findoctave.com

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