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Sunbeam Offers Immediate Openings for Mental Health Services

Compassionate, trauma-informed care available for individuals, families and children

(OKLAHOMA CITY) – Sunbeam Family Services is now accepting new clients for its mental health services, with immediate openings available for adults, families, couples and children. The nonprofit's licensed therapists provide compassionate, culturally responsive care to help clients navigate life's challenges and build brighter futures.

Sunbeam's clinical team offers support for a wide range of needs, including anxiety, depression, grief and loss, trauma, parenting, postpartum support and more. Services are available in individual, family and group formats for all ages, using a strengths-based, hope-centered approach.

"Our goal is to help people of all ages find healing and resilience," said Destyni Trayler, senior program director at Sunbeam. "Whether you're facing everyday stress, relationship challenges or behavioral concerns with a child, our team is here to walk alongside you with expert care and unwavering support."

Sunbeam therapists specialize in trauma-informed care across the lifespan and have advanced training in infant and early childhood mental health, perinatal mental health, suicide prevention and family systems. For families with young children, Sunbeam offers therapy focused on strengthening caregiver-child relationships and supporting emotional development.

Appointments are available Monday through Friday, with extended evening hours on Mondays and Wednesdays. Sunbeam accepts a wide range of insurance plans, including Medicaid, SoonerSelect, Aetna, Blue Cross Blue Shield, UnitedHealthcare and others. A self-pay option is also available.

To schedule an appointment or learn more, call 405-528-7721 or visit sunbeamfamilyservices.org.

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About Sunbeam Family Services

Founded in 1907, Sunbeam's mission is building brighter futures with all children and families. Sunbeam, a United Way of Central Oklahoma Community Partner, is one of Oklahoma's longest-serving nonprofits. To learn more, call (405) 528-7721, visit SFSok.org or join the conversation on Facebook, Twitter and Instagram.