

Insightful Minds, Inc. is the private practice of Cat Dang, D.O. - a child, adolescent, and adult psychiatrist. Dr. Dang provides evaluation, therapy and medication management for many psychiatric conditions such as ADHD, anxiety, autism, and depression. From our offices in Newport Beach and Irvine, we are able to help clients in Orange County and Los Angeles County cope with their mental health challenges.



It is our goal to make your visit pleasant and accommodating. We strive to provide a relaxing, stress-free environment. Our Newport Beach office is located directly off of the Newport Bay. Some of the features of our office include:

- Evening and weekend appointments
- Same day or next day appointments may be available for urgent situations

- Knowledgeable office staff answer calls and return messages as soon as possible
- Quick physician response to patient issues
- Comfortable and private waiting rooms
- Activities for children (books, legos, board games, drawing materials)
- Activities for young adults (magazines, Sony PSP)
- Secure building with central reception
- On-site paid parking (validation available)

Your health and wellbeing are what matter most to us. During your first appointment we will listen to you, we will consider your history and medical information, we will speak with your family and other health professionals only with your permission, and we will draw on our past experience with thousands of other patients having psychiatric conditions. We will use this information to formulate a thorough evaluation and diagnosis of your unique situation. Then, we will work with you collaboratively to customize a treatment plan specifically for you. We will provide you with treatment options, discuss their benefits and side effects, and respect your choices. If we do not believe we can help you, we will tell you so. If we know of someone better for you, we will give you their contact information.

Please feel free to call us if you have questions or to schedule an appointment. We hope you find our site useful, and thank you for visiting us on the internet.