

**THE HOME VISIT** might be the only option open to many who suffer from a chronic disease, a physical or mental disability, or medical complications. As well, home visits provide access to mental health services for those older adults and elderly who are homebound. In-home clinicians can also provide the initial steps to receiving additional community services.

**THE FACILITY VISIT** provides mental health and counseling services to those in short-term and long-term care. Care is coordinated with the case managers, primary care physicians, and other health providers. Upon discharge, HELP clinicians are able to provide continuation of care in the home or office.

**THE OFFICE VISIT** can be utilized for those who prefer the office setting. Utilizing both the home and office visit is another option for those who have been homebound for an extended period of time.

## HELP TESTIMONIALS

*"My Therapist has dramatically changed my life for the better. Prior to seeking assistance from HELP™ I had a severe fear of driving, and now my confidence behind the wheel has significantly increased."*

- HELP™ Client

*"We really appreciate that they are willing to see our clients in their home. It's very difficult for our clients to access therapy service."*

- North County Health Services

*"Losing my husband after 48 years of marriage led to my depression and discouragement. I avoided talking about the loss, and had periods of crying spells and confusion about the future. My HELP™ therapist was a licensed specialist in the area of grief, she was able to be compassionate and empathetic, and helped me begin a healthy grieving process."*

- HELP™ Client



**ANNETTE CONWAY, Psy.D.**

Director, HELP™  
Licensed Clinical Psychologist  
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HELP's Mission is to provide the highest quality of care while overcoming the issues of accessibility and stigma often associated with mental health services. We maintain the highest clinical and ethical standards evidenced by our sound professional reputation throughout California.



# HELP

MENTAL HEALTH AND COUNSELING SERVICES

3636 FOURTH AVENUE, SUITE 302  
SAN DIEGO, CA 92103  
SAN DIEGO 858-481-8827  
TOLL FREE 1-855-760-HELP (4357)  
FAX 858-244-0990 OR 858-481-8281  
WWW.HELPTHERAPIST.COM



# HELP

MENTAL HEALTH AND COUNSELING SERVICES



**In-Home / In-Facility / In-Office**  
**SINCE 1993**

SERVING  
SAN DIEGO, RIVERSIDE,  
ORANGE COUNTY, INLAND EMPIRE,  
SANTA BARBARA, AND THE BAY AREA

[www.helptherapist.com](http://www.helptherapist.com)



## WHAT IS HELP™?

HELP™ has been providing mental health and counseling services since 1993.

HELP™ employs over 65 Licensed Clinical Psychologists, Social Workers, MFT's, Neuropsychologists, and Bi-lingual Therapists, all of whom provide their services in the homes, care facilities, and offices of their clients.

Each HELP™ clinician has his or her own specialty, and is referred to the client according to their expertise and geographical location.

Care is coordinated with the case managers, primary care physicians, and other health providers. Self referrals are also welcome!

Please call  
Toll Free 855-760-HELP (4357)  
for more information  
or visit us online at:  
[www.helptherapist.com](http://www.helptherapist.com)

*Specializing in the following mental health problems that our providers can assist you or your loved ones with:*

- Depression
- Anxiety
- Stress management
- Agoraphobia
- Adjustments to Illness and other life changes
- Bereavement
- Chronic Illness and Pain Management
- Issues associated with Cancer
- Medical issues
- Addictive behaviors
- Mood disorders
- Developmental Disabilities
- Communication problems
- Relationship issues
- Postpartum blues and depression
- Caregiving counseling
- Domestic Violence
- AIDS/HIV
- Trauma
- Couples & Family Counseling
- Alcohol/Substance Abuse
- Child Behavioral and Learning Concerns
- Disabled
- Elder Abuse

### *Psychological Assessments*

HELP™ offers various types of psychological assessments, including dementia evaluations, competency evaluations, and capacity declarations.

### *Other Services*

Neuropsychological testing and Pre-surgical Biopsychosocial Evaluations for Spinal Cord Stimulators and Bariatric Surgeries.

## HOW TO PLACE A REFERRAL

- Submit online @ [www.helptherapist.com](http://www.helptherapist.com) (referral form available on website) or fax to 858-244-0990
- Call the HELP™ office at 855-760-4357 or email [info@helptherapist.com](mailto:info@helptherapist.com).
- We accept Medicare, Medi-Cal, Tricare, Tri-West and most PPO insurances. No HMO.
- Have your insurance information available.
- Within 48 hours, the assigned therapist will contact the client to set up an appointment.
- Presentations are available by contacting: [info@helptherapist.com](mailto:info@helptherapist.com)

