HELP Therapist’s mission and vision is to provide a confidential place where your voice will be heard. Whether it is in-home, in-office, in-facility, or telehealth, HELP provides services to all cultures and ages and socioeconomic backgrounds. Our trained professionals will treat each client with utmost dignity and respect in order to lessen the effects of psychological despair and stigma often associated with mental illness.

Help Therapist has 86+ licensed clinical professionals, including bi-lingual. Each clinician has his or her own specialty, and is referred to the client according to their expertise and geographical location.

HELP Therapist also offers a wide variety of psychological evaluations. Please check our website for a full description of our psychological testing services.
Elderly persons who live alone, are homebound, inpatient facilities. wherever they are – the home, emergency department, outpatient, or improve outcomes. Bring mental health services directly to patients

TELEHEALTH
Extremely simple and easy to use! Enable immediate access to mental health specialists to shorten time to treatment, drive best practices, and improve outcomes. Bring mental health services directly to patients wherever they are – the home, emergency department, outpatient, or inpatient facilities.

HOME VISITS
Throughtout California.

OFFICE VISITS
Can be utilized for those who prefer the office setting. Offices in California and Colorado.

FACILITY VISITS
Skilled nursing facilities, board and care, independent living, and assisted living.

Mental health therapy refers to situations where psychotherapists, social workers or counselors travel to conduct therapy or assessment at the site where a client resides. This type of practice comes with many advantages for clients and clinicians - the clinician has the benefit of seeing how and where the client lives and conducts treatment or assessment in the client’s natural setting. It is a chance for clients to enjoy the convenience of therapy/assessment that comes to them.

Benefits the Elderly
Elderly persons who live alone, are homebound, or live in remote rural areas, can feel isolated and depressed. Home visits are often the perfect solution.

Benefits Families
Eliminates barriers for families with home child care obligations or who have trouble securing transportation to a clinic.

The Environment
If your counselor can see your home, they are able to gain environmental insights very quickly. Where and how you live speaks volumes about who you are and what you might struggle with. The counselor can also connect you to local resources.

Convenience
Many people find it convenient to have a therapist visit their home rather than fight traffic or make a long commute. Some may not be able to drive a car or even have difficulty getting out of bed. Home-based services make professional counseling more accessible to a wider range of people.

If you are interested in learning more about home-based counseling services, please visit www.helptherapist.com or call today at 858-481-8827.

GET STARTED TODAY! WWW.HELPTHERAPIST.COM

Feeling Sad, Depressed, Lonely, or Stressed Out?

We specialize in depression, anxiety, grief and loss, PTSD, trauma, chronic pain, life changes, severe mentally ill, agoraphobia, CBT, EMDR, families, couples, LGBT, men’s issues and much more.

"My Therapist . . . has been a wonderful source of psychological and practical help. After many close friends and family losses my HELP Therapist has been very supportive with counseling on grief and dealing with the problems of ‘being alone and aging’.
– Client, San Diego

SPECIALIZING IN MENTAL HEALTH SERVICES
In-Home, In-Office, In-Facility, and Telehealth
~ Serving All Ages ~