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 100+ Licensed Clinical Psychologists, Social Workers, MFT’s, Psychiatric Nurse Practioners, including bi-lingual therapists. Each HELP Clinician has his or her own specialty, and is connected to the client according to their expertise, insurance 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.

Insurances Accepted: Medicare, Triwest Alliance, Tricare, Most PPO’s, Medi-cal Molina, Medi-cal Optum, Magellan Healthcare, EAP Life Services, Scripps HMO, and UCSD Humana ~Private Pay also available~

3636 Fourth Avenue, Suite 302
San Diego, CA 92103
Office 858-481-8827
Secure Fax 858-244-0990
Email: info@helptherapist.com
www.helptherapist.com

HELP Therapist is committed to providing excellent mental health counseling services to our clients in-home, in-office, in-facility, & telehealth visits for all ages.
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 health specialists to shorten time to treatment, drive best practices, and Extremely simple and easy to use! Enable immediate access to mental TELEHEALTH assisted living in San Diego County. Skilled nursing facilities, board and care, independent living, and FACILITY VISITS San Diego County, Temecula, Palm Desert, Orange County, Santa Barbara and Colorado. Can be utilized for those who prefer the office setting. Offices in OFFICE VISITS San Diego County, Temecula, Palm Desert, Orange County, Santa Barbara and Colorado. HOME VISITS Throughtout Southern California and Inland Empire. HOME VISITS FACILITY VISITS Skilled nursing facilities, board and care, independent living, and assisted living in San Diego County. FACILITY VISITS 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. TELEHEALTH MENTAL HEALTH IS PART OF EVERYONE’S LIVES Feel Better Get started today at www.helptherapist.com BRINGING HOME MENTAL HEALTHCARE Home-based 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. SPECIALIZING IN MENTAL HEALTH SERVICES In-Home, In-Office, In-Facility, and Telehealth ~ Serving All Ages ~

“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