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## HOW TO USE THE SAN DIEGO PSYCHOLOGICAL ASSOCIATION ONLINE REFERRAL PROGRAM

### 1. Go to SDPA Home Page: [www.sdpsych.org](http://www.sdpsych.org)

The third paragraph introduces this service as follows:

#### **Mental Health Resources and Referral Information**

If you are looking for [Mental Health Resources](#) and providers in San Diego County, please click on the link on the right side of this page titled "Mental Health Resources." This will take you to pages where you will be able to locate psychologists, community agencies, hotlines, government informational services, and other resources. Additionally, a service provided by a group of San Diego Psychological Association member psychologists called [Psychology 2000](#) offers free psychological services to people who can't afford them and meet certain criteria. Psychology 2000 is a short-term therapy program. Psychologists participating in this program are listed along with the program guidelines.

### 2. Click on top box on right: **Mental Health Resources**

You will find choices as follows:

#### **Psychology 2000**

Psychology 2000 is a community service project organized by the SDPA. A group of our members have volunteered to provide free psychological services to people in need who cannot afford them. Potential clients must meet the following criteria:

- No mental health insurance coverage
- Limited financial resources
- Not eligible for Medi-Cal or Medicare
- Willing to provide one hour of volunteer community service for each hour of psychological service received

#### **Please Note:**

Program acceptance is dependent on availability of a psychologist who can provide the type of services needed. **This program provides short term services only and is not a crisis intervention program.** It may take several weeks to access Psychology 2000 services.

## Community Information and Referral Sources in both PDF and HTML

- General information and referrals
- Self-help
- Health
- Rape / domestic violence
- Children / adolescents
- Multi-cultural services
- Social service agencies
- National hotlines

## Professional Resources

Licensing Boards

Professional Organizations

- National
- State
- Local

## Find a Psychologist

- Psychologists listed in this database are members of the San Diego Psychological Association and are licensed to practice by the State of California.
- Listings contained in this section are based on information given by the psychologists.

You may search this listing by any or all of the fields below. For example, if you are looking for a psychologist in your city or in your zip code you may search only by that field. Note: The fields for "First Name, Last Name, etc" allow you to search for an individual psychologist by name. You are not required to put your name in those fields.

### **DISCLAIMER:**

*SDPA provides this resource information as a service to the community, and as such, these listings are not meant as endorsements for specific psychologists and/or services and do not in any way guarantee treatment or evaluation outcomes. The San Diego Psychological Association does not determine or guarantee the competency of any psychologist, agency, or other provider listed in this section of the SDPA website. Use of this section to locate a psychologist or other referral is voluntary and will not result in any liability against SDPA. In no event shall SDPA be liable for damages to any user of this site for the voluntary selection of a psychologist or other service provider, for the services provided, or for any other damages which may occur. SDPA cannot and does not provide any warranties related to the information contained in or resulting services from a psychologist or any other provider listed on the SDPA website.*