

Our Programs

Mental Health Counseling – with individuals, couples, and families. We work with clients of all ages.

On-Site School Counseling – with individuals, groups, staff, family sessions, and consultation.

Services for Victims of Domestic Violence – clients access all FJC programs with assistance from SDDMHS staff.

Parenting Education – for both deaf and hearing parents.

Wraparound Services – intensive, in-home family services.

Case Management – assisting clients of all ages with Independent Living Skills.

Education and Training – working with deaf professionals to assume leadership positions in the community in order to provide culturally affirmative, direct mental health services. Educating the general community about the mental health needs of the Deaf and general accessibility.

Internship Program – SDDMHS offers internship placement for social work, rehabilitation counseling and mental health students from MA level programs.

Volunteer Program – a wide network of volunteers who support our community outreach and fundraising activities.

East County – Clients can be seen, by appointment at our El Cajon office.

SDDMHS is funded, in part, by the County of San Diego - HHSA.

Who we are....

Mission Statement

San Diego Deaf Mental Health Services provides comprehensive, culturally affirmative mental health services and social work to all deaf and hard of hearing individuals and their family members, regardless of their social or economical condition, living in San Diego County, CA. Visit our website for more details!

Where we are....

SDDMHS is an on-site partner with Family Justice Center of San Diego, CA and El Cajon, CA. SDDMHS assists deaf and hard of hearing clients access all of the services offered at these sites.

The Family Justice Center is the most comprehensive “one stop shop” in the nation for victims of family violence and their children. Victims of domestic violence may now come to one location to talk to an advocate, obtain a restraining order, plan for their safety, talk to a police officer, meet with a prosecutor, receive medical assistance, receive counseling and shelter services.
www.familyjusticecenter.org

- We accept MediCal and those with no insurance.
- Those with private insurance are seen on a limited basis.
- We do not charge any fees. No sliding scale fees.
- Clients are seen at the office but may have a visit at their school site or at home if needed.
- Every staff member is fluent in American Sign Language and Deaf Culture. Our diverse staff is able to work with all communication styles. Spanish translation is provided to family members.

Executive Director – Allison M. Sepulveda
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www.sddmhs.org

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