

Services for Athletic Departments

The Performance Psychology Center provides tele-mental health services (online video and phone meetings) to Athletic Departments, helping them meet their Sport Psychology needs and provide holistic care to their student athletes. The clinicians at the center are licensed mental health providers in California with backgrounds in university athletics and expertise in Sport Psychology.



**Joe Puentes, Psy.D., Owner
Clinical and Sport Psychologist**

Tele-Mental Health

(video and phone meetings)

- Individual and group therapy
- Crisis intervention
- Performance Psychology skills training
- Mental health screenings
- Educational workshops
- Consultation with Sports Medicine staff and administrators

Benefits

- Tele-health platform increases accessibility to mental health services for student athletes
- No more long wait lists and appointments scheduled multiple weeks out
- Saves time for tight schedules by eliminating commute and offering flexible times
- Today's students are more comfortable online having important meetings
- Clinicians with expertise in Sport Psychology help bridge the gap and reduce stigma
- Confidential, secure, HIPPA compliant tele-mental health services

Contact us today for inquiries, pricing packages, and availability