



CALIFORNIA
PSYCHOLOGICAL
ASSOCIATION

Volunteer Your Time to Help Our Amazing Frontline Healthcare Workers and First Responders

Dear Colleague,

While most of us are safe at home, the COVID-19 pandemic is causing significant stress, fear, anxiety, grief and depression among the people risking their lives to protect and care for us during the outbreak. **CPA is stepping up to the plate to help our healthcare workers and first responders with this new volunteer opportunity.** There is no coordinated state effort to fill this need, so in a collaboration with our fellow mental health provider associations, we have started a volunteer registry focused on this special group of dedicated professionals.

We invite you to be a part of this first cohort of psychologist volunteers!

- Commit 1-2 hours per week for this program for the next 2-3 months. Our goal is to provide each healthcare worker or first responder with two Pro Bono sessions. The sessions will be conducted via telehealth.
- You must have an active CA license and liability insurance to participate.
- Once registered, the site will match you with frontline health care workers or first responders who have registered with the site.
- A secondary goal is to continue to work and expand the program in the coming months to even more people struggling through these times. The expansion will be dependent on all the professional associations collective volunteer base.

Please join with CPA and our sister organizations to fill this critical need. Let's fill the volunteer registry with psychologists who are ready to help!

You can register by clicking [here](#)

This project is a collaborative effort of California's licensed mental health professionals to provide support to health professionals, first responders and essential workers on the front lines fighting the COVID pandemic. Professional associations working on the project include:

California Psychological Association

California Association of Marriage and Family Therapists

California Association of Licensed Professional Clinical Counselors

California Psychiatric Association

National Association of Social Workers – California Chapter

Special thanks to CPA Director of Government Affairs, Amanda Levy, for serving as our point person in this effort! Please contact her at alevy@cpapsych.org for any questions. We are working on providing different volunteer opportunities to those without active licenses so please stay tuned for a future

email on that topic. We thank you for your commitment and know we will get through this crisis stronger than ever before if we all work together!

