

CHL Staff

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Clients and psychotherapists are matched based on individual requirements and availability of staff members. Every client is different and we strive to recognize an individual's current need. Some will need more visits early on and others may need just a few short appointments. Our therapists are sensitive to clients' preferences and adjust their approach to best support long-term mental health.

In an effort to better serve our clients, we now accept a variety of insurance plans, including Medi-Cal, Medi-Care, Victim Witness, MHN, CorpHealth, APS Healthcare, and Aetna EAP.

Company for Healthy Living

2880 Zanker Road
Suite 203
San Jose, CA 95134

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At CHL we offer affordable therapy to individuals, couples, and families. "Affordable" means that we use a sliding scale—our fees are adjusted according to your ability to pay based on your level of income and size of family. This is part of the CHL philosophy: mental health is too important to limit access.

**2880 Zanker Road, Suite 203
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**408.354.6783
www.C4HL.org**

CHL's Executive Director

Richard Hill, Ph.D.
Clinical Psychologist
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Dr. Hill has had an unusual life, with a lot of experience in business, at school, and at home. Instead of retiring, he chose to return



to school and earn a PhD degree and license as a Clinical Psychologist. He now has graduate degrees in psychology, spirituality, and business.

He returned to school with the goal of opening an agency that would provide a much needed service: to help meet the needs of people who have trouble paying standard fees for psychotherapy. The re-

sult of his hard work is CHL: clients pay less and therapists earn less than is common.

Other therapists share the vision of CHL. Each therapist comes with their own life skills and beliefs in the availability of therapy for all. Dr. Hill seeks out therapists who have substantial life experience, in addition to graduate level degrees.

Most clients receive one-on-one counseling, but we also work with couples, families, and groups. Our clients include various ethnicities and ages, as well as children.

Who Needs CHL?

Psychotherapy can help with a variety of issues including:

- Insomnia
- Depression and anxiety
- Trauma, abuse, and abandonment
- Spiritual expression and personal growth
- Relationship problems in marriage, family, or at work
- Life transitions (such as a death or divorce.)

We care about our clients deeply. If you are experiencing difficulties in life perhaps we can help.



"I'm so glad I found CHL! Without their sliding scale, I'm not sure what I would have done."

B.M.

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