

# Tips for Using Telehealth for Behavioral Health

## What are the benefits of telebehavioral health?



Private communication with provider in safe space



Care can be scheduled by appointment or on demand



Provides a range of services including medications, counseling, assessments, screening, and evaluations



Video and audio-only care may be covered by Medicare, Medicaid and private insurance plans

## What types of professionals offer telebehavioral health?



Psychiatrist



Psychologist



Social Worker

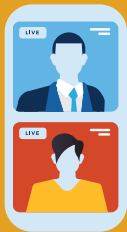


Substance Use Professional



Licensed Counselor

## What are different ways telebehavioral health can be used?



One-on-one therapy



Substance use disorder treatment



Suicide prevention



School-based screening & counseling

## How do I schedule a telehealth appointment for behavioral health?



Use your patient portal to view available appointments and select the time that is best for you



Call your providers' office



Find telehealth care through your health insurance

Visit [Telehealth.HHS.gov](https://www.Telehealth.HHS.gov)



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