

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



Both video and audio-only care is covered by Medicare, Medicaid and most 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



HRSA
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