

TELEPSYCHIATRY/TELETHERAPY SERVICES

What are the benefits of teletherapy?

Research has indicated that telepsychiatry and teletherapy are as good as in-person therapy and therefore a viable alternative if an in-person session is not possible.

What should patients expect from a session?

Teletherapy and telepsychiatry sessions are scheduled just like regular therapy or psychiatric appointments. These services are available at all Primary Health Network locations that offer psychiatry and behavioral health services.

Is special equipment needed for my appointment?

No, all you need is either a phone, smart phone or a computer with internet service and a webcam.

Are these services covered under my insurance?

Most all insurances are participating and covering this service. If you have a specific question about your insurance, please do not hesitate to ask. Our staff will be glad to assist and find the answers you need.

Tips for Telepsychiatry and Teletherapy Appointments

- Find a quiet place with minimal distractions and interruptions.
- Make sure your phone or computer are fully charged and keep the charger nearby.
- Make sure your internet connection is working properly and/or that you have good cell phone reception.
- Let yourself be as open and honest as you normally would during an in-person appointment.
- You may feel nervous or uncomfortable at first if you're used to going to your therapist's office, and that's okay. You can talk with your therapist about any questions or concerns you may have.