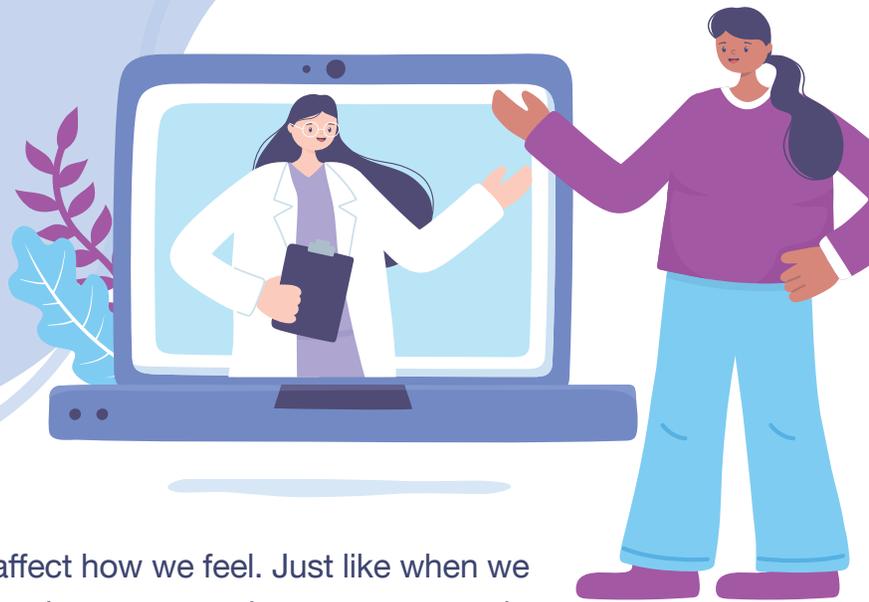


# Your Telemental Health



Sometimes we need help with problems that affect how we feel. Just like when we need see the doctor for a physical illness sometimes, we need to go to a mental health professional (like a doctor, therapist, or counselor) to help our mental health.

This care can be delivered in person or via a call or videoconference. *This fact sheet covers what telemental health might look like for you.*



## What will I do during my appointment?

- Talk
- Work on solving a problem
- Learn new things

*A therapist or counselor can help us if we are feeling:*

- ✓ Sad
- ✓ Worried
- ✓ Angry
- ✓ Grief
- ✓ Stressed

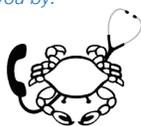
This could include particular concerns about body changes, relationship issues, loss, loneliness, future plans (i.e. college, work) etc.

## What will it be like to talk to my mental health provider on a call or video?

During a video or phone appointment you will talk with the counselor or therapist on your computer, tablet, or phone while at home. You may also use the same types of technology at your doctor's office.

If possible, find a comfortable space where you can talk freely with the mental health provider. Just like you would connect with friends or family over video calls you will be able to interact with your therapist as if you are in person. Your appointment will last between 30 and 60 minutes. You may need to complete some paperwork before the appointment. If any issues, including technological problems, come up during your call let the provider know.

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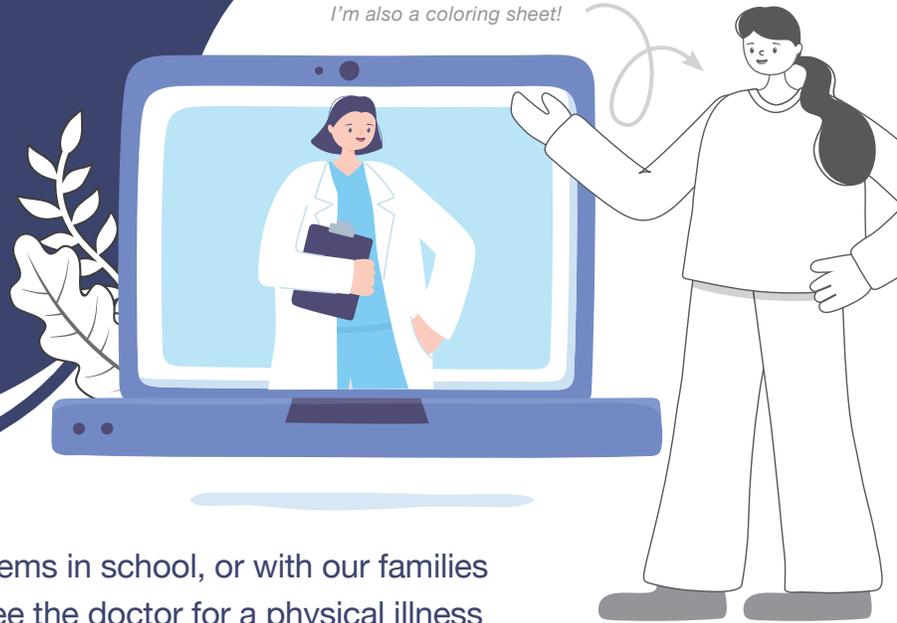


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# Your Telemental Health

I'm also a coloring sheet!



Sometimes we need help with problems in school, or with our families or health. Just like when we need see the doctor for a physical illness sometimes, we need to go to a behavioral health professional (like a doctor, therapist or counselor) to help our mind feel better. This care can be delivered in person or via a call or videoconference.



A therapist or counselor can help us if we are feeling:

- ✓ Sad
- ✓ Worried
- ✓ Angry
- ✓ Grief
- ✓ Stressed

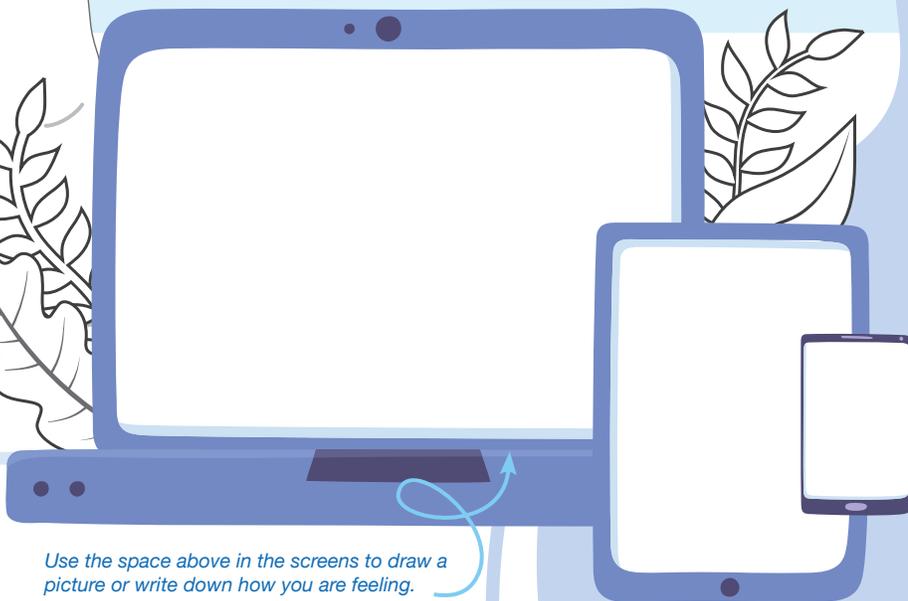


## What will it be like to talk to my provider on video?

During a video appointment you will talk with the therapist on your computer, tablet, or phone while at home. You may also use the same types of technology at your doctor's office. You will be able to interact with your therapist the same way you would if in person, although sometimes the screen might freeze or the voices might sound funny. Let your provider know if something goes wrong.

What will I do during my appointment?

- Talk
- Learn new things
- Work on solving a problem
- Do activities



Use the space above in the screens to draw a picture or write down how you are feeling.

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