

The use of telehealth by psychologists increased by more than 50% during the pandemic, according to the Centers for Disease Control and Prevention.

Psychiatrists have indicated that up to 90% of in-person visits are converted to telemedicine visits to help decrease potential exposure and improve overall convenience for both you and your patients!

**In many situations, studies show that online therapy is just as beneficial as face-to-face therapy.**

But why are telehealth and mental health a perfect match?

### Lack of Nearby Services

- Approximately 111 million individuals in the United States live in areas where mental health practitioners are scarce. Approximately half of the counties in the United States do not have even one psychiatrist.
- If you live far from mental health services, or far from affordable ones, you can get the help you need from home.
- Services can also be made more affordable because practitioners can also do teletherapy from home.



### Mental Health At Home Isn't New

- Distanced counseling isn't a radical idea. In fact, in the twentieth century, telephones were used to provide mental health care.
- Because mental health does not necessitate a physical examination, it can be completed entirely online.



### Privacy Of Their Own Home

- If patients are home and in a comfortable environment, they may be more likely to be more open to the mental health practitioners' questions and concerns.
- Due to stigma, many people may fear going to an office of a mental health clinician, but one can do it in privacy from the safety of their home.
- Mental health professionals want to know everything there is to know about their patients, and now they can look inside their homes, which can lead to better treatment.



### Types of Treatments available via Telehealth

- Help for...
- Addiction
  - Anxiety Disorders
  - Bipolar Disorder
  - Depression
  - Eating Disorders
  - Relationship Issues
  - Many others