

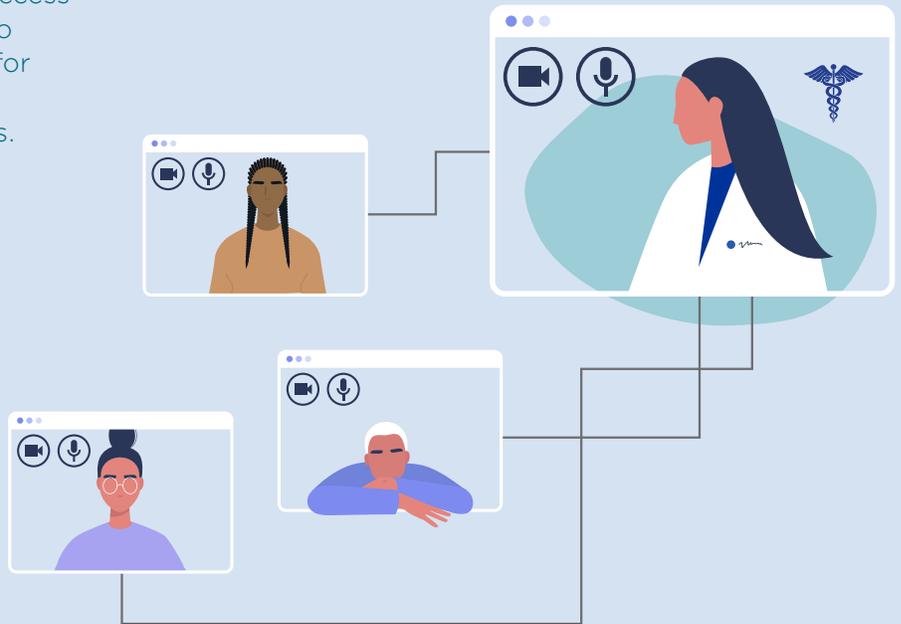
TELEHEALTH

Meeting the Mental Health Needs of our Patients

Making Certain Telehealth Flexibilities Permanent Beyond the Pandemic

Many states took action to expand access to telehealth during the pandemic, so that doctors could continue to care for their existing patients and treat new patients in underserved communities.

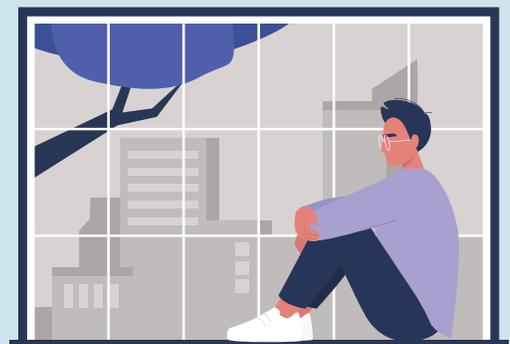
Making these changes permanent will ensure patients continue to receive clinically safe and efficient care.



Covid-19 and Our Mental Health Crisis

- Nearly one in five Americans report having a mental illness, and it's gotten worse in the COVID-19 pandemic.
- COVID-19 has led to isolation and unemployment.
- Communities of color have been disproportionately affected by the pandemic and are already less likely to receive the care they need.
- Improving safe access to psychiatric care through telehealth post-COVID-19 will save lives.

Continuing access to psychiatric care through telehealth post-COVID-19 will save lives.



Benefits of Telehealth

During the pandemic, many psychiatrists report lower “no-show” rates thanks to telehealth. Patients save time and money since they do not have to travel to a doctor’s office. Improved access to mental health care can produce long-term savings.

For patients who lack video technology, accessing treatment over the phone has ensured continuity of care. Some patients who are hesitant to see a physician face-to-face feel more comfortable seeking care via telemedicine.

Removing restrictions on telehealth will help reach patients where they are.



What You Can to Expand Access to Telehealth?

Support Legislation That:

- Allows patients to be seen in their own homes.
- Requires coverage of audio-only services in certain circumstances.
- Prohibits stricter forms of utilization review for telehealth.
- Requires private insurers to cover telehealth and reimburse at the same rate as in-person services.
- Prohibits insurers from requiring that a particular telehealth vendor or technology platform be used.
- Prohibits restrictions on prescribing through telehealth that are stricter than what is allowed under state and federal law.



Sources

- American Psychiatric Association Telepsychiatry Toolkit: [psychiatry.org/psychiatrists/practice/telepsychiatry](https://www.psychiatry.org/psychiatrists/practice/telepsychiatry)
- Kaiser Family Foundation: [Opportunities and Barriers for Telemedicine in the U.S. During the COVID-19 Emergency and Beyond](#)
- Kaiser Family Foundation: [The Implications of COVID-19 for Mental Health and Substance Use](#)
- U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality (2019). [2017-2018 NSDUH State Estimates of Substance Use and Mental Disorders](#).