



# WHAT IS TELEPSYCHIATRY

Telepsychiatry is a secure, private **video conferencing system** that allows a licensed psychiatrist to see patients remotely. Similar to how Facetime or Skype work, **clients will be able to interact with their psychiatrist via a desktop computer.**

CDPH will provide telepsychiatry services from our community mental health centers, so you can see your psychiatrist from the same location you already see your therapist.



## WHY IS CDPH ADDING TELEPSYCHIATRY?

By bringing telepsychiatry to our community mental health centers, we can improve our current services and reach more residents.

Telepsychiatry is endorsed by the American Psychiatric Association and in operation in thousands of clinics and medical settings around the country allowing more patients to have direct access to their clinicians.



## WILL I GET A NEW THERAPIST?

Your therapist will remain the same.

Most patients will be assigned a new telepsychiatrist. Your therapist will walk through your individual transition plan and work with you to understand the benefits of this new technology.



## WHAT IF I WANT TO SEE AN IN-PERSON PSYCHIATRIST?

Most patients will be transferred to telepsychiatry services over the next several months. However, some exceptions will be made for patients that require an in-person psychiatrist. If you have concerns about telepsychiatry, please bring those up with your therapist.



## WHEN WILL TELEPSYCHIATRY START?

We are scheduled to begin this new service over the next few months.

Your therapist will work with you to determine the best transition plan for you.

**NO!**

