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
- Angry
- Stressed
- Worried
- Grief

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

Information brought to you by:

This fact sheet is supported in part by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of award U4CMC32913-01-00. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.