How Telemedicine Can Help Mental Health Patients

More than 1 IN EVERY 5 AMERICAN ADULTS has a mental health condition.

But they may face challenges accessing treatment.

**BARRIERS CAN MAKE IT HARDER TO**
meet in person with a provider.

- Difficult symptoms
- Triggering environments
- Transportation difficulties
- Provider shortages

**BUT TELEMEDICINE OPENS DOORS**
for mental health patients.

It can help patients:
- Connect with providers and specialists
- Avoid unnecessary emergency room visits
- Access care when and where they need it

**ACCESS TO BOTH TELEMEDICINE AND IN-PERSON CARE**
can help mental health patients better manage their condition.

More than 1 in every 5 American adults has a mental health condition. However, telemedicine opens doors for mental health patients. It can help patients connect with providers and specialists, avoid unnecessary emergency room visits, and access care when and where they need it. This is particularly beneficial for those who may face challenges accessing treatment due to difficulties like transportation and provider shortages. Access to both telemedicine and in-person care can help mental health patients better manage their condition.