

# TeleMental Health (TMH)

## Program Points of Information

- TMH is the use of technology to deliver counseling through videoconferencing from a distance
- Our TMH program is for adult veterans and their immediate family members (i.e., spouse and children)
- This delivery method is meant for people who do not have local therapists available within 30 miles or for mitigating circumstances
- The treatment level for our TMH sessions is individual counseling, couples counseling, and family therapy
- Only some treatments and strategies are suitable for TMH. For instance, Cognitive Behavioral Therapy, Solution-Focused Therapy, and Emotion Focused Therapy may be used by our counselors via TMH. Please talk to your counselor regarding treatments, strategies, and interventions
- Not all mental health concerns are suitable for TMH. Our counselors help clients cope with anxiety, depression, relationship problems, grief, traumatic events, and other limited mental health concerns
- TMH requires videoconferencing technology and a room. Clients need either a computer with a webcam and microphone, Android tablet, or an iPad. Additionally, a room with privacy and free of distractions is needed
- Our program requires identifying a support person and local emergency contacts prior to beginning TMH sessions
- To learn more about TMH and see if it is a good fit for you, please call our intake coordinator at 817-332-6329 or toll free at 1-877-332-6329