

Video Transcript Virtual Visits

There are lots of barriers to accessing mental health care.

And one easy way to get around them.

It's called virtual visits.

Where you talk to your provider online.

Virtual visits can be better than being there.

They fit into a busy schedule, with no commuting or parking.

They're more relaxing, and have fewer disability barriers.

Less missed work, less stigma, and more privacy.

Easier appointment making means fewer missed appointments.

And an improved relationship with your provider, can make successful results more likely.

So if you're looking for a faster, easier route to mental health care, virtual visits can help.