

# 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.



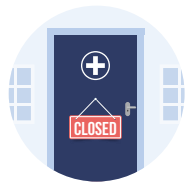
Difficult symptoms



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.

