



# Telehealth

CARE ALMOST ANYWHERE



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## ★ What It Is ★

Telehealth is a way to provide therapy through a computer, tablet or phone in the privacy and comfort of your own home.

## ★ How It Works ★

Telehealth allows you and your clinician to have appointments in real time over the phone or through video-conferencing. At the Cohen Clinics, we use a secure, private HIPAA-compliant video conferencing software to ensure confidential services.

## ★ Types of Care ★

Any services offered in-person at a Cohen Clinic are also available via CVN Telehealth. Treatments such as CBT, CPT, CBT-I, PE, couples therapy, and much more can all be done via telehealth to treat PTSD, depression, anxiety, insomnia, etc.

## Easy Access to Care

- Easier to fit appointments into your schedule
- Helpful when transportation or childcare is unavailable
- Provides access in rural areas
- Keeps appointment schedule consistent
- Helps you feel relaxed in the comfort of your own home

\*CLINICIANS WILL ASSESS IF TELEHEALTH IS AN OPTION FOR YOU.



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