



S O U T H E A S T P S Y C H

PSYCHOLOGY FOR ALL

March 12, 2020

Southeast Psych is doing its part as we all face the outbreak of COVID-19:

- regularly sanitizing surfaces and door handles
- diligently washing hands
- avoiding hand-to-hand contact
- asking clients, clinicians, and administrative staff to stay home if they feel sick

We understand the need for some individuals to avoid going to businesses or other places where people congregate. At the same time, it's important for us to offer options for continuing care for all. Fortunately, **Southeast Psych has a great option that allows us to provide ongoing services.**

Effective immediately, anyone who wishes to see a therapist remotely can do so via teletherapy. It's simple to use and the research says it can be as effective as face-to-face therapy for most individuals. To do this, you will need a solid internet connection and a private room to talk.

We'll be using VSee or Doxy.me because they are easy to access and use. They are also secure and HIPAA compliant, which is important to us. If you are interested in doing this, email the Southeast Psych clinician and let them know you would like to use teletherapy. They will let you know what platform they are using, what you may need, and how to proceed. When scheduling an appointment let us know that you intend to have a teletherapy session.

Finally, we will provide you with our consent form for teletherapy, which is similar to the form you originally signed, but describes some of the unique issues and protocols for this type of service. The therapist or an office staff member will be sure you get one, check to be sure you have read it, and consent to it; you'll be asked to sign it when we see you in person.

We're glad we can offer this to you during this time. You can call the same number as always or write us at the same email addresses and we'll be able to help get everything set up. Please let us know if you have any questions.

Respectfully,

Southeast Psych

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