



What is Telemental Health Care?

Telemental health care is the delivery of behavioral health care (therapy, medication management, etc.) through technology, usually a secure video service, like Zoom, which meets privacy laws. It allows your child to meet with a behavioral health provider from the comfort of your own home using a computer, tablet, or smartphone.

Telemental health may also be called telehealth or telepsychiatry. Patients and their families and/or caregivers can meet with a provider using technology in real-time instead of going to a doctor's office in person, while accessing the same level of care. Telemental health care allows families access to providers across the entire state.

For additional information on virtual supports, visit:

- ▶ [childrensmentalhealthmatters.org](https://www.childrensmentalhealthmatters.org)
- ▶ [mdcoalition.org](https://www.mdcoalition.org)

What is the Cost of Telemental Health Care?

Before your appointment, find out about your insurance coverage and any costs associated with care.

Referrals:

Private insurance companies may or may not require a referral. If your child is covered by Medicaid, your pediatrician will need to provide a referral.

Coverage and Co-pays:

For public and private carriers, it is important to check with your insurance company for coverage and co-pay information. If you do not have insurance, please talk to your provider about any no cost or low-cost services that may be available. To learn more, visit your insurance company's website, call the number on your insurance card, or visit the Maryland Department of Health at BHA. health.maryland.gov/bha/Pages/Index.aspx

