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](http://childrensmentalhealthmatters.org)
- [mdcoalition.org](http://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](http://health.maryland.gov/bha/Pages/Index.aspx)