Online therapy, also known as Telemental health, is when a therapist or counselor provides psychological counseling and support over the internet through email, video conferencing, online chat, or a phone call.

In response to the COVID-19 Pandemic and the declaration of a nationwide public health, the US Department of Health and Human Services has issued revised guidelines that allow for the expanded use of telehealth services. These revisions are related to HIPAA rules that govern healthcare providers and the protection of patient privacy.

Notification of Enforcement Discretion for telehealth communications during this time allows providers to use some technologies that may not fully comply with the HIPAA rules. These include Apple FaceTime, Facebook Messenger video chat, Google Hangouts video, or Skype. Public facing communication such as Facebook Live, Twitch and TikTok are should NOT be used for telehealth services.

Additionally, Medicare has announced increased coverage of telehealth services, which allows individuals to access providers anywhere in the U.S. Some states have also expanded Medicaid benefits and coverage.

According to the National Center for PTSD, telemental health can be used successfully to provide assessments and clinically significant interventions such as basic PTSD education, symptom management, coping-skills training, and stress management.

There is no specific certification or training required in order to provide remote or telemental health services. However, other than the Medicare expansion referenced above, typically providers are limited to delivering services only in the state(s) where they are licensed.

Whether you are already engaged in behavioral health services or you are considering entering therapy, ask the provider whether telemental health is an option. Additional information you will need from your specific provider include:

- Does my insurance cover telehealth services?
  - You may need to contact your insurance provider directly
- What type of equipment you will need
- What type of internet connection you will need
- What happens if the session gets interrupted?
- Is there a specific consent or release to be signed?
- Is the platform being used HIPAA compliant?
- What measures are taken to ensure your privacy during a session?
- What limitations on services, if any, does telehealth pose for your provider?

There are also some platforms for therapy that are completely online and may also offer app based services. These platforms are typically subscription based. You can check each of the websites to learn more.
Websites listed by www.positivepsychology.com

1. LiveHealthOnline – Psychiatric care  https://livehealthonline.com/
2. Inpathy – Psychiatric care, medication management, and therapy https://inpathy.com/
5. Regain – Individual and couples counseling focused on relationships https://www.regain.us/
6. Online-Therapy.com – Cognitive behavioral therapy, or CBT https://www.online-therapy.com/
7. 
8. Pride Counseling – Counseling for the LGBTQ community https://www.pridecounseling.com/

Additional online resources that offer crisis intervention, referrals, support groups and peer support:

https://cssnv.org/about/

https://www.samhsa.gov/find-help/disaster-distress-helpline

https://www.7cups.com/

https://18percent.org/coronavirus-mental-health-resources/

https://nami.org/#

https://www.peersupportsolutions.com/

https://www.supportgroupscentral.com/index.cfm

For additional questions, you may consult the sources below or contact the Resiliency Center.

Sources:
https://www.ptsd.va.gov/
https://positivepsychology.com/
https://www.hhs.gov/hipaa/for-individuals/index.html
www.hhs.gov
https://adaa.org/