

What is Telebehavioral Health?

- Many patients and families get mental health treatment at the clinic or the hospital. They can also get services from their home by using video visits. Video visits are done using a smart phone, computer, or other device. Mental health sessions by video visits are called telebehavioral health.
- When using video visits, families can get treatment without having to come to the office.

How does it work?

- You will need to have a MyChart account before your video visit. If you do not have one, ask your clinic how to set one up.
- Schedule your video visit.
- A link will be sent through MyChart.
- Open MyChart and click the link to start the visit. Your provider will start the video visit at the scheduled time.
- Sometimes a mental health provider will want to see you in person. Please ask your mental health provider or clinic staff if video visits are an option.

How do I prepare for a video visit?

- Log into:
<https://childrenswi.org/medical-care/video-visits/videoconsultas-programadas>

What if I have trouble logging into the video visit?

- Call 414-250-7045 to get help with your video visit.
- If English is not your first language, call the language line at 888-239-4170. Ask the interpreter to call 414-250-7045.

For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.