

Healthy Minds:
Counseling, Consultation & Education, LLC
(original on letterhead)

ONLINE COUNSELING – IMPORTANT THINGS TO THINK ABOUT

- ✓ Online counseling outside of a medical facility, paid for by health insurance, could save \$\$ for the state and federal governments, insurance companies, human service agencies and the criminal justice system. Insufficient counseling can lead to:
 - Increased emergency room visits
 - Increased need for in-patient psychiatric treatment
 - Increased criminal activity (i.e. substance abuse-related crime)
 - Increased physical/medical problems

- ✓ Studies show that online, live, face-to-face counseling sessions are as effective as in-person sessions.

- ✓ Most of Vermont is rural, with mental health specialists spread out around the state.

- ✓ Our most vulnerable populations find it the most difficult to get to a counseling appointment:
 - those in poverty who cannot afford travel costs
 - those with physical health conditions and/or disabilities due to mobility problems or illness
 - those with certain mental health diagnoses
 - those needing substance abuse treatment who do not have transportation

- ✓ AND LET'S NOT FORGET ABOUT OUR PROFESSIONALS who often do not voluntarily seek beneficial treatment because they do not want to run into their patients, clients, constituents, employees or congregants in a counselor's waiting room! We need to provide discreet counseling services for our professionals, so they may most effectively serve our communities.

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