What is Telehealth? Telehealth is sometimes called virtual or remote healthcare.

It's when you talk with a healthcare provider through the internet or over the phone.

Telehealth helps you get the care you need when you can't be in the same room as your provider.

Telehealth can be used for lots of things. You may have already used it for your physical health.

You may have talked about things like coughs, rashes, and minor aches and pains.

But did you know it can be used for your mental health, too? It can be used for things like: taking part in therapy and counseling; talking about symptoms such as mood swings, sleep problems, or changes in eating habits; talking about things that make you feel anxious or sad; getting help with substance abuse, and asking questions about medicines.

When seeking help for mental health concerns, some people feel scared or embarrassed. Telehealth can help you get past these feelings. Then you and your provider can decide when it may be time for an in-person visit.

Some signs that you may need help with your mental health are: low energy levels; trouble sleeping; rise in alcohol or tobacco use; bad temper; headaches; constant worry; trouble focusing or thinking; and loss of interest in favorite activities and people.

With telehealth, you don't need to worry about getting to and being at your appointment.

You also don't have to worry about child care or more time off work.

You can also use Telehealth if you need to talk with a specialist who is not near you.

You can use telehealth for check-ins along with your in-person visits. These check-ins can help you learn how to take better care of your mental health.

Telehealth may not be the right option for certain health concerns. And should not be used during an emergency.

Your healthcare provider can help you decide if telehealth is right for you.

When used along with your provider or health plan, telehealth is a safe way to get care.

Here are some tips to help you get ready for a telehealth visit:

Test your device and camera beforehand. If needed, ask someone to help you set it all up.

Find a quiet, private place with good lighting. Limit distractions as much as you can.

Have your medicine bottles with you. Or make a list of all your medicines. Your provider may ask you about the medicines you're taking.

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Write down questions you want to ask. Also note key things your provider says.