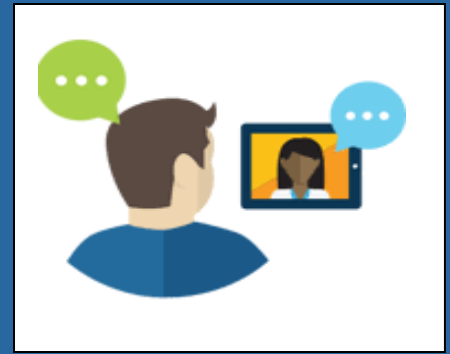


CG SUPRT Telemental Health Counseling



What is Telemental Health Counseling?

CG SUPRT offers assessment, counseling and support accessed from a distance.

Telemental Health, through CG SUPRT, is accessed via the internet through video conferencing or a phone call. Overall studies show most people are comfortable with it and it is comparable to in-person care.

Telemental Health, like face- to-face counseling through CGSUPRT, is confidential within the bounds of the law.

Benefits Include:

- *Ease of Access*
- *Privacy*
- *Allows for cultural competency*
- *Reduce delays in care*
- *Improves continuity of care of follow ups*
- *Reduces the need to take time off work*
- *Feasibility*

Please download the CGSUPRT app, and familiarize yourself with the program offerings. Beyond telemental health capabilities, CGSUPRT offers a multitude of trainings, to include effective communication, mental health first aid, and building resilience; in addition to free tax filing, resources for supervisors, and so much more.

For more information, contact us 24/7/365

Visit www.cgsuprt.com for the full list of our services
or call 855-CG SUPRT (247-8778).

