

## Island Health's TeleMental Health Service



Island Health's TeleMental Health Service improves the ability for children, youth, and their families to access to mental health screening, assessment, diagnosis and intervention from within, or close to, their home community.

The benefits for families are that they do not have to travel long distances that are far from home to arrive at the appointment.



**ISLAND HEALTH**

**TELEMENTAL HEALTH SERVICE**

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**CHILD AND YOUTH  
TELEMENTAL HEALTH  
SERVICE**

**Information for Children  
and Youth**

Providing increased  
mental health care to rural  
communities

## What is TeleMental Health:

TeleMental Health is a way for you to meet with a psychiatrist over a computer, like using Skype or FaceTime.

The psychiatrist is a medical doctor who can help you with mental health concerns. You can join the appointment one of two ways:

1. from the comfort of your own home on a smartphone or computer using wi-fi
2. go to a hospital/health office close to your home and the psychiatrist connects with you from their office.

Either way no one else can see or hear you on the computer, and no one records what goes on during the visit. It is almost the same as seeing a doctor in an office.



**TeleMental Health is Safe and Easy**

## What happens during the appointment?



- You go to a room at your local hospital/health office that has a computer in it or you join from your smartphone/computer at home
- If in an office the computer will turn on and you will see, hear, and talk to the psychiatrist
- If using your own device you will be sent a link to join the virtual meeting

## How long is an appointment?

- About 1 hour long, which is the same as seeing a psychiatrist in-person

## Will I be by myself?

- You will start with your mom, dad, or guardian in the room with you, but then you can talk to the psychiatrist by yourself if you want to.

## How is my privacy protected?

Your information is kept private because of a law called the

### *Freedom of Information and Protection of Privacy Act*

This law says we can't share your information unless you or your mom/dad/guardian tells us that it's okay, this is called giving consent.

## Can I talk to a psychiatrist in an office?

After your TeleHealth appointment, if you really didn't like talking to the psychiatrist over the computer and you want to see a psychiatrist in person, you can ask your family doctor to arrange that.

It could take a while before an office visit can hap-

