

# 5 BENEFITS OF TELEHEALTH FOR BEHAVIORAL THERAPISTS

Telehealth offers benefits for both patients and providers in the behavioral health space. For behavioral health providers, it both simplifies and enhances how they provide care. For patients, it gives a convenient alternative to in-person appointments. Here are five key advantages of telehealth for behavioral health.



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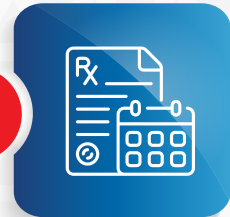
## GREATER ACCESSIBILITY

With telehealth, patients can receive comprehensive care for their behavioral health needs from their chosen setting and on their schedules, eliminating obstacles like transportation and the need to take time off from work.

## IMPROVED TREATMENT ADHERENCE & EFFICACY

Patients can easily adhere to their treatment plan, continually accessing care via virtual platforms. Telehealth also allows providers to manage patients better, offering consistent monitoring and evaluation for regular follow-up and necessary adjustments.

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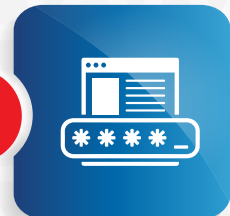
## REDUCED PROVIDER BURNOUT

Telehealth can significantly reduce provider burnout, because it allows more flexibility in scheduling, which can lead to a better work/life balance. It also supports easier collaboration with other healthcare professionals from other locations, increasing the provider's access to resources.

## PEACE OF MIND REGARDING DATA SECURITY

HIPAA compliance is a necessary component of healthcare, and the best telehealth platform will be entirely compliant with rules and regulations relating to protected health information (PHI).

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## IMPROVED WORKFLOWS

One of the most significant advantages of telehealth is how it can mimic, and even improve on already-existing services and workflows for behavioral health practices. These include scheduling processes, incorporating paperwork into the virtual process, and the ability to support group sessions.

Get started with behavioral health for your practice today and help take your patient care to the next level.