

## Kate Jiggins, LPCC-S, LICDC-CS COVID-19

and your counseling services...

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In these unprecedented times your wellness, mental and physical, is more important than ever... As a mental health professional, with exempt status, here's my plan:

1) I am keeping the doors open for face-to-face appointments while taking best practice safety precautions. For example:

- Regularly sanitized office space.
- No groups of people.
- Appropriate distance in session.
- No services if a elevated temperature or signs of sickness (myself or others).
- No tea – water will be available.

2) The addition of a virtual - HIPPA compliant tele-mental health option for our meetings. If interested in this platform – see below for more info; call to discuss and schedule.

Thank-you & be well...

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Kate J. Counseling, LPCC-S, LICDC-CS  
740-215-4372



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## General Information about tele-mental health services...

### Benefits:

- At this time, most of the larger insurance companies are covering (if your deductible is met) online tele-health services.
- The benefits of meeting online...
- The ability to receive services when unable to travel or otherwise limited from leaving the home.
- Increased access to services
- Studies suggest that patients 'love' the convenience, flexibility, and comfort of real time care with their providers in the comfort of their own homes.

### Risks:

- Technical difficulties such as slow or disrupted internet connection.
- Computer or smartphone failures
- Privacy concerns – reduced by using a HIPPA compliant platform. To ensure confidentiality – all tele-health session will be initialed from my office in Dublin, Ohio.

### Next steps:

- Set-up a phone call (740) 215-4372 to discuss and schedule your online session.
- Once scheduled you will receive a confirmation email from [thera-LINK](#) with log your HIPPA compliant login information.

I know this platform will be new to many of us. Interestingly, the feedback – from patients and clinicians – I received during a recent training was very positive.

I will, of course, be there to guide you through the process.

Take care...

