

# IS TELEPSYCHOLOGY RIGHT FOR YOUR CLIENTS?

## SIGNS THAT IT MIGHT BE THE RIGHT FIT

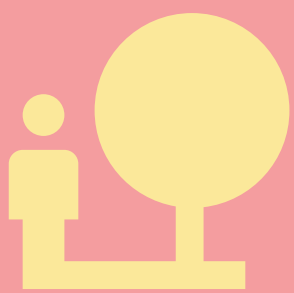


### COMFORTABLE WITH TECHNOLOGY

People who are used to videoconferencing and using computers will have the easiest transition. Consider using phone calls to avoid unnecessary frustration for others.

### FLEXIBLE WITH PRIVACY CONCERNS

Depending on the client's home circumstances, they may not be able to have a private conversation, and there are new privacy risks with using technology. Consider their personal values.



### WELL-MANAGED RISK

For patients with known risk for self-harm or suicide:

- 1) Know their location address
- 2) Know their emergency contact
- 3) Have an agreed-upon and up-to-date safety plan that can be implemented remotely

## INDIVIDUAL CONSIDERATIONS

### NEW PATIENTS

Ask about risk before agreeing to see a new patient via telepsychology to minimize chances that they need higher levels of care.

### YOUNG PEOPLE

While they may be more comfortable with technology, they may struggle to maintain attention and engagement. Consider using interactive components.

### PARENTS

Set clear expectations for their role - they may need to be present for young children, or respect the privacy of older youth.

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