



## A Center for Mental Wellness has expanded our Telemental Health Services!

### Private & Secure

All data is encrypted, your sessions are anonymous, and none of your information is stored. Meeting with me is HIPAA compliant.

### What is Telemental Health?

**Telemental Health is *the use of technology in order to provide real-time mental health to patients from a distance.* With online sessions we can meet anywhere.**

### Meeting with Me Just Got Easier

As an added service to provide other opportunities to meet with you, we have expanded our telemental health component to our practice. We are currently accepting new patients for services such as individual counseling, group counseling, and medication management.



#### Q: How do I set up an online appointment?

**A: Contact us now to set up your online visit for counseling or medication management services. Appointments can be scheduled by calling our Dover office at 302-674-1397 or our Newark office at 302-266-6200. To be scheduled through our telemed platform simply go to our website at [www.acfmw.com](http://www.acfmw.com), click on the "virtual clinic", select that you are a "patient", and then select "intake" from the dropdown and one of our friendly staff will take care of scheduling your appointment!**

#### Q: What do I need to connect for an online appointment?

**A: You will need a video camera, microphone, & headphones. You will need Chrome, Firefox, or Safari. You may also use Android or iOS devices.**

#### Doing our part to flatten the curve...

As an essential part of our healthcare system, we are fortunate as outpatient mental health providers to be able to have the technology available to us to provide telemental health services throughout our practice during this time of crisis. Telemental health has allowed us to continue to provide excellent care to our patients all while eliminating any exposure risk to all of our patients, employees, and their loved ones.

