



March 13th, 2020

To Our Valued Clients,

We have all been surprised and concerned about the recent spread of the coronavirus. Common sense safety precautions are needed to keep our community safe, and Family Counseling Associates will do everything we can to support you and your family's emotional and physical health. For most of us, this is an unprecedented public health concern, and we know our clients still need our continued counseling support.

There is a treatment option that may be helpful to some of our clients. Telepsych refers to mental health services that are offered via secure video chat or on the phone. Telepsych allows you to connect with your clinician, or medical provider, from the comfort and safety of your own home. Many of our mental health providers have experience or training in providing telepsych services to clients, and our office has the systems in place to provide immediate telepsych to most of our clients if requested.

The good news is that most insurance plans cover telepsych services and there would be no additional charges to you in terms of copayments or any out of pocket expenses. If you have ever done Facetime or Skype with a friend or family member you know that it is possible to have a meaningful discussion and interpersonal connection with someone using video chat. Telepsych is becoming a common format for mental health services, and years of research have supported positive treatment outcomes.

If illness or concerns about illness may prevent you from accessing the treatment you need at our office, I would like to ask you to consider telepsych as an option... for a time. It is easy, convenient, and effective.

For more information or to schedule an appointment, please reach out to your clinician to learn more.

Wishing you and your family health and happiness,

A handwritten signature in black ink that reads "G. Mouzakis". The signature is written in a cursive, flowing style.

George Mouzakis LICSW, LEP  
Executive Director