

## COVID-19 (coronavirus): Digital behavioral care

In light of the COVID-19 pandemic, it may be difficult to leave home for therapy appointments due to social distancing or quarantine. You may also be feeling increased stress or anxiety. Here are several virtual care options to help provide ongoing support during this time.

### See what's included in your benefits

#### Virtual visits

See and speak with a clinician who can evaluate and treat a variety of general mental health conditions, such as anxiety, depression or substance use disorder, and also prescribe medications, as needed. Go to the members page of [Here4TN.com](https://www.here4tn.com), and select “**virtual visits**” from the top navigation.

If you or your provider doesn't have the technology required for a video-enabled session, telephonic therapy is allowed at least until July 24, 2020. (This date may be extended as the situation evolves.) Ask your provider about video-enabled or telephonic visits.



#### Sanvello app

Connect with clinically-tested techniques and coping tools, like community support, to help dial down symptoms of stress, anxiety and depression — anytime. Find just the right tool to relax, be in the moment or manage stressful situations. To activate free premium access during this time, download Sanvello now from the App Store or Google Play.



#### Talkspace

Communicate with a licensed therapist from your smartphone or computer. Connect through secure text, video and audio message 5 days/week, and schedule live video sessions, when needed. Register (first visit only), then choose a provider on [talkspace.com/connect](https://www.talkspace.com/connect).



### Questions?

Call  
**855-Here4TN**  
(855-437-3486).

Visit [Here4TN.com](https://www.here4tn.com)