



# VIRTUAL CARE

## Mental Health

Consumer information

### Improving your access to mental health care

#### We are now offering Virtual Care, which has so many benefits for you:



- Virtual Care means having your appointments remotely over video from the comfort of your home. It is no different from care provided face-to-face, it is just delivered another way.
- Virtual Care gives you more choices about when and where you access mental health services.
- It means you save time in travelling to appointments and less visits to mental health services.
- Your support people can join your Virtual Care appointments either sitting with you or from their own home - it's your choice!
- Virtual Care is also available in Emergency Departments and can mean you spend less time waiting to see a mental health clinician.

*"It's easy to use, easy to find.  
It's better than having a  
phone conversation because  
you can see the person's  
reactions on the other side."  
-Jan after using Virtual Care*

*"I save myself 45 minutes with  
a virtual appointment, I just get  
the link up on my phone and click,  
click, click I'm on."  
-Vlad after using Virtual Care*

For more information ask your mental health clinician about Virtual Care.