

Telehealth



Telehealth is a convenient option for receiving mental and behavioral health care from home, work or school.

Telehealth allows children, adolescents, and adults to receive care from Child Guidance & Family Solutions (CGFS) without the need to visit our offices in person. With internet or phone access, clients can connect with their clinicians online using a smartphone, computer, or tablet. This service enhances access to various mental and behavioral health services, such as screening, assessment, therapy, and medication management.

Here are some common reasons people may choose telehealth:

- **Accessibility:**

Telehealth removes the need for travel, making it more convenient for individuals with disabilities or those managing chronic illnesses or health conditions that make it difficult to leave home.

- **Availability:**

Telehealth is beneficial for individuals with busy schedules or childcare responsibilities, which may make attending in-person appointments challenging.

- **Safety:**

Telehealth minimizes the risk of exposure to contagious illnesses, making it a safer option for both patients and clinicians.

- **Timesaving:**

Telehealth appointments are typically completed more quickly than in-person visits.

- **Comfort:**

Telehealth allows patients to receive care from the comfort of their own homes, which can help reduce stress and anxiety.

- **Stigma reduction:**

Telehealth can provide a more private setting, reducing concerns about stigma or privacy arising from attending therapy in person.

CGFS clients can often switch their in-person appointments to telehealth services on the day of the appointment if needed.

Ultimately, choosing online mental or behavioral health services over in-person ones is based on personal preference. However, telehealth may not always be appropriate depending on the specific concerns presented. Individuals should discuss their options for telehealth sessions with their clinicians.

By request, intake appointments can be conducted via telehealth.

MULTIPLE LOCATIONS, SERVING CHILDREN AND FAMILIES

18 N. Forge Street | Akron, OH 44304 | 330.762.0591

cgfs.org

*childguidance
& family solutions*



An affiliated agency of the County of Summit Alcohol,
Drug Addiction and Mental Health Services Board.