

## **Catholic Charities of East Tennessee Offering Telehealth Counseling**

The outbreak of COVID-19 (Coronavirus Disease) is having a significant impact on people throughout East Tennessee. In addition to the medical concerns the disease is causing, there are also mental health concerns affecting persons who have contracted the disease or who have a loved one who has contracted it, as well as anyone whose life has been disrupted by the disease's social and economic consequences.

Catholic Charities of East Tennessee is currently offering remote, telehealth counseling to help address the mental health needs of people throughout our diocese. Our licensed counselors are providing counseling via videoconferencing using a secure web-based service. Telehealth counseling offers people throughout east Tennessee opportunity to receive counseling to address issues such as stress, loneliness, grief, relationship issues, spiritual concerns, and milder forms of anxiety and depression. Telehealth counseling through CCETN is available to adult individuals. Due to professional licensure requirements, our counselors can provide telehealth counseling only to people located in the state of Tennessee. Telehealth services are not appropriate for persons in a crisis or people who require more intensive or more frequent services than can be provided in this therapeutic format.

Counseling appointments are available Mondays through Thursdays, with a limited number of evening appointments available. Session costs are based on a sliding scale fee structure that takes into account a client's income. To participate in telehealth counseling, a client needs access to a computer or smartphone with internet connection.

For more information or to request a first appointment, please contact our counselors at [counseling@ccetn.org](mailto:counseling@ccetn.org)



