



UNIVERSITY OF MISSISSIPPI MEDICAL CENTER  
CENTER FOR TELEHEALTH



## Mental Health Services

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When you support mental health,  
everyone benefits.

UMMC Telehealth offers general and specialized psychiatric services supported by experienced, multidisciplinary care teams including psychiatrists, psychologists, counselors, therapists and other mental health providers.

UMMC Telehealth is an effective way to:

- Provide specialized mental health care to pediatric, adolescent, adult and geriatric patients
- Offer mental health services discreetly, in the primary care setting
- Treat patients in convenient, private, familiar surroundings
- Make it easier for patients to complete a course of treatment
- Bring care to communities with limited access to mental health services

Schools offering mental health services through telehealth can help meet students' psychiatric needs right on campus, allowing more time to focus on studying. Businesses offering these services find their staff take fewer sick days and are more productive on the job.



Telehealth is personal healthcare delivered through the Internet. Using interactive, online video tools, UMMC care teams can assess and treat patients and consult with caregivers in other locations. All in real time.



## TELEHEALTH IN ACTION

### PROVIDING MENTAL HEALTH SERVICES WHERE THEY'RE MOST NEEDED

Angie is a high school senior with an eating disorder she doesn't want her friends to know about. Her mom takes her to Dr. Smith, the family doctor, who recommends specialized treatment. He schedules a live streaming consultation with Dr. Jackson, a UMMC psychiatrist specializing in eating disorders, a consultation that happens right in Dr. Smith's office. Together they establish a course of treatment for Angie that is both discreet and effective.

### UMMC CAN PROVIDE IN-PERSON CARE IF NEEDED.

Many patients can be successfully treated through telehealth. When patients do require hands-on care, our telehealth providers can refer them to an appropriate facility. Whether it's telehealth or hands-on treatment, patients receive the same high level of care backed by Mississippi's only academic medical center.

Mental health services available through UMMC Telehealth include:

- Mental health evaluations, commitment evaluations and consultations, ongoing medication management, and treatment for acute and chronic mental illnesses such as:
  - Major depressive disorder
  - Bipolar disorder
  - Schizophrenia
  - Anxiety disorders, including post-traumatic stress disorder
  - Personality disorders
  - Eating disorders
- Child and adolescent psychiatry services, to ensure that children from birth to age 17 have access to appropriate behavioral or developmental care and treatment
- Assessment and treatment for age-related conditions, such as Alzheimer's disease and other dementias
- A specialty clinic and support for Mississippi's lesbian, gay, bisexual and transgender communities
- Remote training and professional development for mental health specialists, helping care teams stay current on psychiatric health best practices while remaining in the clinic and available to patients

To learn how we can help your patients, your medical practice, and your community, visit [ummchealth.com/telehealth](http://ummchealth.com/telehealth), email us at [telehealth@umc.edu](mailto:telehealth@umc.edu), or call **601.815.2020**.

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