



ARE YOU IN CALIFORNIA AND CONSIDERING RECEIVING MENTAL HEALTH SERVICES VIA TELEHEALTH?

Providers that offer mental health services via telehealth in California must hold one of the following California licenses or associate registrations through the Board of Behavioral Sciences:

Associate Marriage and Family Therapist (AMFT), Associate Social Worker (ASW), Associate Professional Clinical Counselor (APCC), Licensed Marriage and Family Therapist (LMFT), Licensed Clinical Social Worker (LCSW), Licensed Professional Clinical Counselor (LPCC), or Licensed Educational Psychologist (LEP).

DURING YOUR FIRST SESSION, YOUR THERAPIST:

- Must provide you with their license or registration number.
- Must obtain your verbal or written consent to use telehealth when providing you services.
- Must inform you of the potential risks and limitations of receiving treatment via telehealth.
- Must ensure that they have contact information of relevant resources, including emergency services, in your geographic area.

DURING ANY ADDITIONAL SESSIONS WITH YOUR THERAPIST, YOUR THERAPIST:

- Must verify your full name and the address of your present location.
- Must consider whether the session is appropriate for telehealth.
- Must use industry best practices for telehealth to ensure your confidentiality, security of the communication medium, and your safety at all times.

You can verify if your therapist is a California licensee or registrant through our online license look up at www.breeze.ca.gov.

If you have concerns about the services that you have received, or believe that your therapist has engaged in unprofessional conduct related to their professional responsibility, you may submit a complaint to the Board at: www.breeze.ca.gov.



OTHER RESOURCES TO ASSIST YOU ON YOUR TELEHEALTH JOURNEY:

Self Empowerment: How to Choose a Mental Health Professional (Board of Behavioral Sciences)

Telehealth Guide for Patients (U.S. Department of Health and Human Services)

Telehealth and Behavioral Health (U.S. Department of Health and Human Services)

8 Things to Know Before Your First Telehealth Visit (California Telehealth Resource Center)

Virtual Care Security Tips for Patients (California Telehealth Resource Center)

