

What is TeleMentalHealth?

Brought to you by: Beyond the Yellow Ribbon Counseling Services

- Telehealth allows you to access mental health services with a Licensed Therapist without leaving your home
- Your therapist uses a secure, HIPAA-compliant platform to connect with you via webcam while keeping services private and secure
- Telehealth is as simple as clicking a link that is emailed to you prior to your appointment.
- Research shows these therapy sessions are just as effective as in-person therapy sessions
- You can access your telehealth sessions via computer, tablet, and cell phone
- Telehealth services are FREE for those who are eligible for Beyond the Yellow Ribbon Counseling Services.

To inquire about Telehealth services, please call or email Beyond the Yellow Ribbon Counseling Services.

Laura Owens, LMFT, RPT

laura.v.owens.ctr@mail.mil

208.272.8393

Heidi Moyes, LCSW

heidi.a.moyes.ctr@mail.mil

208.272.8392

For access to any other community resources, please contact our Case Manager:

Lindsay Tydings

lindsay.m.scott4.ctr@mail.mil

208.272.8802

*Telehealth may not be clinically-appropriate for all clients, your therapist will help you find in-person mental health resources if Telehealth is not appropriate.

*Must be in the state of Idaho to qualify for services.



Please take our brief feedback survey!