

Preparing for a Telepsychiatry Visit

Telepsychiatry is a video appointment with your clinician. It follows the same general structure and confidentiality standards as an in-person visit. A few minutes of setup beforehand helps you get the most from your time.

Where you must be

Physically in New York or Florida at the time of your visit.

What you need

A smartphone, tablet or computer with a working camera and microphone, and reliable internet.

Privacy

A private place where you can speak freely.

Cost

Billed at the same rate as in-person visits.

How telepsychiatry works

1

Reach out

Book online through Zocdoc or call the office.

2

Prepare your space

Set up a private spot and test your device.

3

Initial evaluation

A first evaluation usually lasts 60 to 90 minutes.

4

Ongoing care

Follow-up visits usually last 25 to 30 minutes.

Setup checklist

- [ ] Choose a private room where you can talk comfortably.
- [ ] Test your internet, camera and microphone before the visit.
- [ ] Have the telehealth link from the office ready.
- [ ] Keep your medication list, questions and notes within reach.
- [ ] Have relevant records on hand.

The location rule

- You must be **physically located** in the state where your clinician can provide care on the day of the appointment.
- A permanent home address does not replace this.
- Contact the office when you travel or your location changes.

What can happen by video

- First visits and follow-ups may both be held by video for eligible patients when clinically appropriate.
- Medications may be prescribed and managed online when clinically appropriate and permitted by applicable rules.
- Certain medications or clinical situations may require additional steps or an in-person evaluation.
- The ADOS-2 portion of an autism evaluation is done in person in East Setauket.

For children and teens

- Telepsychiatry is available for eligible minors in New York and Florida with a parent or guardian present.
- Your treatment team determines whether online or in-person care is appropriate.

Concerns treated through telepsychiatry

- ADHD, anxiety and panic disorder, depression, bipolar disorder, OCD and PTSD.
- Adjustment disorder, life transitions, and complicated bereavement and grief.
- Child and teen anxiety and depression.

Need urgent help? Resilience Psychiatry is not an emergency service. If you are in crisis, call or text 988. In an emergency, call 911.

More guides from Resilience Psychiatry

Your first visit · Using out-of-network benefits · Preparing for a telepsychiatry visit · Care in New York and Florida · Preparing for an autism evaluation · Choosing a psychiatrist

Book online through Zocdoc · **Call** (631) 371-4844 · **Visit** 46 NY-25A, Suite 4, East Setauket, NY 11733

This guide online