



# Need to talk?

Could a **telehealth consultation** with a professional help?



**You don't have to fight  
your battle alone.  
Talk to us.**

To learn more about telehealth  
and how to participate, visit  
<https://www.ahec.hawaii.edu/telepsych-3/>

Sessions available 8am-6pm, M-F  
Psychiatrists, psychologists, substance  
abuse specialists, and even social workers  
are available. Visits at low or no cost.