

Learn About Telehealth Therapy

Jennifer: I needed to stop pushing away and then go find the help that I needed. So I'm lucky I get to do it through the VA Jabber program and we do video chat.

Daniel: It was me doing a teleconference on a screen to a doctor.

Don: And the psychiatrist is in another VA and we just sit there and go back and forth for an hour. And then I get to see face to face with the psychologist whenever I need it. It's been a great time.

Jennifer: So instead of driving the hour and taking time off of work, I can go to my house and use my computer.

Daniel: It was a great listener who was able to get me out to talk to other doctors who their specialty was what I was having trouble with.

Jennifer: I won't cancel a VA appointment for counseling now because I can do it by video.

Daniel: It was the best thing that I did while I was pursuing my health.



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