



## College counseling from a distance: Deciding whether and when to engage in telemental health services

Date: 2018(For resources, this is the publication date. For programs, this is the date posted.)

### Information

Type: Manual  
Author: Higher Education Mental Health Alliance (HEMHA)  
Publisher: Author

### See This Resource

[College counseling from a distance](#) [1]

The purpose of this guide is to: 1. Outline the potential benefits, limitations, and concerns regarding telemental health (TMH) services in the field of college student mental health. 2. Aid mental health professionals who serve college students and Institutions of Higher Education (IHE) administrators in engaging in dialogue about these benefits, limitations, and concerns in order to make informed decisions about whether to engage in providing TMH services. 3. Outline several areas to consider in order to ethically practice at a distance when the decision to provide TMH services is made. 4. Connect readers to resources on the topic of TMH.

Note that the National Suicide Prevention Lifeline number given is incorrect. It should be 1-800-273-8255

### Links within this resource

[1] [http://hemha.org/hemhapress/wp-content/uploads/2018/04/HEMHA-Distance-Counseling\\_FINAL.pdf](http://hemha.org/hemhapress/wp-content/uploads/2018/04/HEMHA-Distance-Counseling_FINAL.pdf)

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