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**Sunbeam Launches Telehealth Mental Health Services**

**Supportive, Sliding-Scale Services Open to New, Current Clients**

**(OKLAHOMA CITY)** – Today, Sunbeam Family Services launched telehealth mental health services to continue providing compassionate mental health care to Oklahomans. Through this service, Oklahomans can receive mental health support through video counseling sessions from the comfort of their own homes.

“We are committed to ensuring our community has access to high-quality mental health services,” said Sarah Rahhal, LCSW, chief executive officer of Sunbeam Family Services. “With telehealth, we will continue providing compassionate, secure and supportive services to Oklahomans through video counseling.”

Sunbeam welcomes new counseling clients. The nonprofit accepts Medicaid and a variety of health insurances, like Aetna, Blue Cross/Blue Shield and HealthChoice. Sunbeam also provides sliding-scale counseling services, which can reduce the cost of mental health sessions.

For more information about mental health services visit sunbeamfamilyservices.org/counseling or call (405) 528-7721.

Starting March 24, 2020, all Sunbeam mental health counseling sessions will be offered through telehealth. While Sunbeam continues to serve the community, its facility is closed to the public until further notice to comply with the current Center for Disease Control recommendations.

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About Sunbeam Family Services

Sunbeam helps children, families and seniors learn, grow, and thrive. Founded in 1907, Sunbeam Family Services is one of Oklahoma’s longest serving nonprofits, providing help, hope and the opportunity to succeed to people of all ages and all stages of life in central Oklahoma through Early Childhood, Counseling, Foster Care and Senior Services. To learn more, call (405) 528-7721, visit sunbeamfamilyservices.org, or follow them on Facebook, Twitter and Instagram.