

**FOR IMMEDIATE RELEASE**

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**Telehealth Mental Health Services Continues Supporting Community**

 ***Sliding-Scale Services Accepting New Clients***

(OKLAHOMA CITY) – In March, 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. Since the service was launched, Sunbeam has provided over 750 sessions for more than 150 individuals, couples, and families.

“When this pandemic hit, it was never a question of ‘if’ we would continue to provide services, but ‘how’,” said Emma Wassilak, M.Ed., LPC-S, clinical supervisor at Sunbeam. “Sunbeam is committed to providing mental health support in our community at a time when it is so needed. Continuing to grow Sunbeam’s telehealth practice helps us accommodate the needs of our clients by increasing the flexibility of scheduling and removing obstacles like distance and transportation issues. Clients also appreciate telehealth because they can meet with a therapist from the comfort of their own home.”

Sunbeam is also welcoming 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.

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About Sunbeam Family Services

Founded in 1907, Sunbeam Family Services is one of Oklahoma’s longest serving nonprofits and is one of the original United Way of Central Oklahoma Community partners. Sunbeam’s mission is to provide help, hope and the opportunity to succeed through Early Childhood, Counseling, Foster Care and Senior Services. To learn more, call 405-528-7721, visit sunbeamfamilyservices.org, or join the conversation on Facebook, Twitter and Instagram.