

**For Immediate Release**

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**Cultivating Hope Through Continued Telehealth Mental Health Services**

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

(OKLAHOMA CITY) – Sunbeam Family Services continues offering compassionate mental health care to Oklahomans through telehealth mental health services. Through this service, Oklahomans can receive mental health support through video therapy sessions from the comfort of their own homes.

“For many of us, the short and dark days of winter are some of the most difficult ones of the year,” said Lissa Vernon, LCSW and therapist at Sunbeam. “December this year brought some respite in terms of holiday lights and the memories of other celebrations, but our holiday gatherings may also have been changed by loss and worry. With all the focus on how difficult 2020 has been, many of us wonder if there will be real improvement in 2021. If you find that difficult feelings and thoughts are causing problems for you in your work or relationships, good quality mental health services can be of help to you. A therapist can support you in sorting through thoughts and feelings and create strategies to help you or your family manage them and to build back hope that may be in short supply right now. Sunbeam’s trained therapists have the ability to provide services through telemedicine with some early evening appointments available, so that you can get help without compromising your health or your responsibilities. We have a commitment to the power of hope and have experience with helping people of all ages navigate their experiences and grow from them.”

Maintaining hopefulness is an important part of navigating difficult times. In an anonymous survey of clients receiving telehealth services at Sunbeam, nearly 90 percent of new clients have reported an increased sense of hopefulness since starting services. Over 50 percent of Sunbeam clients state they prefer telehealth to in-person due to the comfort and convenience.

“Telehealth services can make a real difference in people’s lives during this difficult time,” said Vernon. “We help people utilize their computers, phones, and tablets to make connections with our trained therapists so that seeing a therapist can be done without having to leave home.”

Sunbeam is 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/mentalhealth 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. The nonprofit helps children, families and seniors learn, grow and thrive. To learn more, call (405) 528-7721, visit sunbeamfamilyservices.org, or join the conversation on Facebook, Twitter and Instagram.