Access to quality mental health services has never been more important. Like you, we understand the importance of keeping services intact during uncertain times.

Great Circle has put virtual technology and programs in place to make sure quality mental health services can continue, even if in-office visits or programs can’t due to the COVID-19 pandemic.

Our virtual services are easy to use, accessible by smart phone or computer, and available for kids, adults and families:

- **Online Therapy**: Same type of sessions typically delivered in an office by with a licensed counselor, but this from the comfort of your home – and at a time most convenient for you.

- **AND ANNOUNCING! V-IOP (Virtual Intensive Outpatient Program)**: Our IOP program now delivered virtually – available for high school-aged teens, who are discharging from hospitalization or may need stepped-up services to help avoid a more intensive level of care.
Online Therapy

We’ll work with you to set an appointment where you’ll easily connect with one of Great Circle’s licensed clinicians for a confidential therapy session. All you need is a smart phone, tablet or computer. We’ll provide the guidance and support to connect you through a privacy-compliant platform.

You and your family can experience:

• The ease of communicating by screen – especially teens and youth who have grown up using technology with confidence.
• The comfort of home – within reach of a pet or other comfort item, especially for difficult conversations.
• The ability for your clinician to observe parent/child or sibling interactions so coping techniques can be tailored to each family’s unique dynamics.

You can also expect:

• Shorter wait times between your request for service and an appointment.
• No worry about travel time or juggling family schedules to physically attend an appointment.
• Flexibility to schedule a session that’s convenient for both you and your clinician.

Virtual Intensive Outpatient Program (V-IOP)

Think of Great Circle’s Virtual IOP (V-IOP) as simply shifting from physical places to virtual spaces.

Like traditional IOP, V-IOP is:

• Beneficial for eligible high school-aged teens who need support after discharge from a hospital or require more intensive therapy to prevent hospitalization.
• Delivered over a HIPAA-compliant platform and accessible no matter where you live in Missouri.
• Complete with weekly individual, family and group therapy sessions, skill-building activities, psychiatric evaluation, and medication evaluation as needed.
• Covered by most private insurance companies, Managed Medicaid and grant-funded programs. We’ll work with your insurer for appropriate authorization.

We’re Ready to Help

We’re here for you. For more information about our virtual mental health services, call us at 1-844-424-GCHELPS (424-3577), Monday-Friday, 8 am-5 pm, or send an e-mail to callcenter@greatcircle.org.

We’re just a click or a call away!