

Story Scripts

Telepsychiatry

We've put together some story scripts to help parents explain Teletherapy appointments to their child or teen.



Part 1

Once upon a time, there was a little girl named Lily. Lily had been feeling a little bit sad and worried lately, and her mom noticed that she wasn't playing with her toys as much as she used to. So, her mom decided to make an appointment for her to see a psychiatrist to talk about her feelings and help her feel better. But instead of going to an office to see the psychiatrist in person, Lily and her mom had a special appointment called a "Telehealth" appointment. This meant that they used a computer to talk to the psychiatrist through a video call.

Lily was a little bit nervous about seeing the psychiatrist on the computer, but her mom explained that it was just like talking to a friend on FaceTime. When it was time for the appointment, Lily and her mom sat down in front of the computer and waited for the psychiatrist to join the call.

When the psychiatrist appeared on the screen, Lily was surprised to see that he was smiling and looked very kind. He talked to her and her mom just like he would if they were in the same room together. He asked Lily how she was feeling and listened carefully as she talked about her worries. Lily's mom was there to help her answer some questions, but Lily felt comfortable talking to the psychiatrist and telling him about her feelings. The psychiatrist gave her some ideas to try at home that could help her feel better, like drawing pictures or talking to her mom about her worries.

After the appointment was over, Lily felt much better knowing that she had talked to someone who understood her feelings and wanted to help her. She even felt a little bit excited to try out the ideas that the psychiatrist had given her.

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continued

Part 2

A few weeks after her first Telehealth appointment with the psychiatrist, Lily's mom noticed that Lily was still feeling sad and worried. So, they scheduled another appointment to talk to the psychiatrist about some other options to help her feel better. This time, the appointment was called a "medication evaluation". This meant that the psychiatrist talked to Lily and her mom about different medicines that could help her feel better, and decide if any of them were a good idea for Lily to try. Lily was a little bit nervous about the medication evaluation, but her mom explained that it was just like going to the doctor for a check-up. When it was time for the appointment, they logged onto the computer and waited for the psychiatrist to join the call again.

The psychiatrist talked to Lily and her mom about some different medicines that could help with her sad and worried feelings. He explained how they worked, what the possible side effects were, and how often Lily would need to take them. Lily was a little bit scared about the idea of taking medicine, but the psychiatrist answered all of her questions and helped her feel more comfortable about it. He also talked to Lily's mom about what to watch for and what to do if they noticed any problems.

After the appointment was over, Lily and her mom decided together that they wanted to try one of the medicines the psychiatrist had suggested. They talked to the pharmacist and got the medicine, and Lily started taking it.

Over the next few months, Lily and her mom noticed that she was feeling much better. She was laughing and playing with her toys again, and her worries seemed to be getting smaller and smaller. She was even excited to tell the psychiatrist about how much better she was feeling at her next Telehealth appointment.

Lily learned that talking to a psychiatrist and trying different ways to feel better could really make a difference. And even though taking medicine was a little bit scary at first, she realized that it was just one more way to help her feel better and be happy again.