**General Information, Resources and Definitions of Telehealth:**

[**https://telehealth.hhs.gov/**](https://telehealth.hhs.gov/)

* **This site has a “Patients Page” and a “Provider Page”**

**For Medicaid or Medicare**, what kinds of telehealth services are covered varies by state. This webpage <https://www.verywellhealth.com/medicare-and-medicaid-coverage-for-telehealth-4682549> describes which states cover which types of service.

**The Administration on Community Living** has a webpage on Telehealth, which includes guidance on the rights of people with disabilities to have equal access to information technology.

* <https://acl.gov/ada/telehealth>
* [Guidance and Resources for Electronic Information Technology: Ensuring equal access to all health services and benefits provided through electronic means](https://www.hhs.gov/sites/default/files/ocr-guidance-electronic-information-technology.pdf)
* A group of national organizations and providers, including the ACL-funded [Deaf/Hard of Hearing Technology Rehabilitation Engineering Research Center](https://www.deafhhtech.org/rerc/), have [developed recommendations](https://www.hearingloss.org/covid-19-healthcare-providers-guidelines-telehealth-accessibility/) to make video-based telehealth more accessible for deaf and hard-of-hearing patients.

**CMS has produced a Toolkit for states:**

* [Medicaid & CHIP Telehealth Toolkit Checklist for states](https://www.medicaid.gov/medicaid/benefits/downloads/medicaid-chip-telehealth-toolkit-checklist.docx) (DOCX, 47.36 KB)

**Other resources regarding Telehealth:**

* Get tips for [finding a doctor who provides telehealth](https://telehealth.hhs.gov/patients/finding-telehealth-options/).
* If you have health insurance, your health insurance company can help you find doctors who provide telehealth.

**Find a Health Center**: they can provide care regardless of your ability to pay: HHS <https://telehealth.hhs.gov/patients/finding-telehealth-options/#talk-to-your-doctor-about-telehealth-options> has a link to find a health center near you.

This digital health directory can help you **find telehealth companies** that all you to make on-demand appointments with a Doctor. Some services can be reimbursed by your own health insurers. If they don’t require health insurance, you may have to pay an out-of-pocket fee.  [Digital Health Directory](https://www.techhealthdirectory.com/)[](https://www.hhs.gov/disclaimer.html)

**For mental health or substance-use help,** SAMHSA has a helpline and a phone number. [SAMHSA Helpline](https://www.samhsa.gov/find-help/national-helpline) or call 1-800-662-HELP (4357).

If you think you swallowed **something poisonous**, or were splashed, bitten or stung by something, contact the [Poison Help hotline](https://poisonhelp.hrsa.gov/) or call 1-800-222-1222.