

## Mental health services: How to get treatment if you can't afford it

Managing Partner, [Harry Nelson](#), was quoted by [NBC News](#) regarding the rise of Tele-Mental Health resources.

"[Tele-mental health](#) in all forms has become a huge resource and there are great resources online offered by large health systems," says [Harry Nelson](#), managing partner of Nelson Hardiman, head of the Behavioral Health Association of Providers and co-author of "From ObamaCare To TrumpCare: Why You Should Care." "The challenge there is that you need to be licensed in the state where the patient lives, but that said, we've seen a flourishing growth in treatment of all mental health by telemedicine and I expect it to grow exponentially." Reach out to your local hospital system to ask if they offer these services.

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