Dear QualiCare Psychiatry Patients,

We hope you and your family are well and in the best health. Our mission is always to provide you with the highest level of psychiatric care possible and to help you get and stay healthy.

In response to the rapidly evolving COVID-19 outbreak, **we will continue to provide psychiatric care to our patients in a way that supports high quality of care delivery in a safe, secure environment through Tele-medicine. We obtained a HIPAA-compliant Telehealth platform that's easy to use and requires no app or downloads for you. It's convenient and easy to use, with no training requirements for patients. (We will send you a Link to your email or cell phone few minutes ahead before your scheduled appointment, you will press the link to get connected with Dr. Ashamalla immediately).**

That will help you and us to abide to CDC instructions concerning preventive precautions and reduction of exposure and to protect staff and patients. *[Please review CDC guidelines on how to be prepared and how to protect yourself and your family and manage stress during that situation:* [*https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html*](https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html)*]. Also, please check other mental health resources for dealing with the crisis at the bottom of this e-mail.*

We will do our best to accommodate and provide all our new and established patients a clear path of psychiatric care going through the situation we all are facing.

Stay safe and pray

Best Regards,

Dr. Fady Ashamalla

Board Certified Psychiatrist and Medical Director of QualiCare Psychiatry.

Useful resources:

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://floridahealthcovid19.gov/>

***Disaster Distress Helpline: 1-800-985-5990***

***National Suicide Prevention Lifeline: 1-800-273-8255***

***Crisis Textline: Text TALK to 741741***