

The Telepsychiatrist Newsletter

Hello!

Thank you so much for subscribing. I hope you'll find some of this background information interesting.

Episode 8 will be airing today, July 13th at approximately...now! In this episode, I interview a patient of mine, Don, about his struggles with Generalized Anxiety Disorder following his transition into retirement. Before we spoke, we both admitted to each other, that for some reason we were anxious about our interview going well and both of us had difficulty sleeping the night before. After a good laugh, we were ready to hit record and get into the conversation.

Remember, you can hear ALL of the episodes by subscribing through google, apple, spotify, or any other podcast platform. For a direct link to the episode, you can click [HERE](#)

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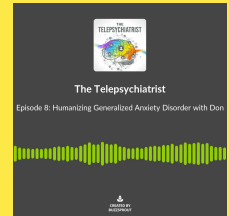
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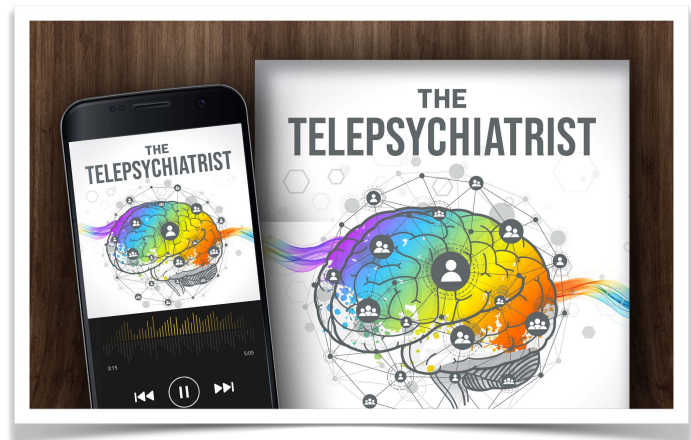
Anxious Country Mouse



Anxious City Mouse

The Country Mouse and The City Mouse: Reaching Rural Populations

Compared to urban Americans, rural Americans have higher rates of mental illness as well as completed suicides. However, access to mental health care is much harder to acquire and there is an estimated 1 psychiatrist per 30,000 rural Americans. Rural Americans are also less likely to seek help because of a sense of shame, and are less able to afford mental health services due to financial strain and lack of



health insurance. Rural populations have also been more effected by the opioid epidemic and overdoses surpass those in urban populations. Again though, there are less rehabilitation facilities in these rural areas making access a problem yet again. These reasons are just some of the reasons I chose to do telemedicine.

I HOPE THIS HELPS YOU OR SOMEONE YOU KNOW.
PLEASE FEEL FREE TO SHARE

Sincerely,

Jodi Midiri, MD

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