

Video Therapy & Behavioral Health Follow Up Station

Wednesdays from
6 pm to 8 pm
Porchlight -
2002 Zeier Rd.
Madison, WI 53704



Frank was diagnosed with anxiety and was recently discharged from the inpatient behavioral health facility in town. Now he needs to schedule a follow-up appointment. Getting to the doctor can be tricky for Frank. Luckily, he knows his local shelter offers a free video conference station that can be used for this appointment!

You can use the telehealth station too!

A short session with a therapist can help with:

- Feelings of anxiety and depression
- Understanding how to take your medications
- After hospitalization/ED check-ins for mental health concerns
- Keeping you connected to your behavioral health care

Ask a Porchlight staff member to schedule a confidential therapy session for no cost!