Dear editor,

The development of communication technologies provide new opportunities for remote counselling and treatment in healthcare. During the current, global pandemic of COVID-19, telemedicine is essential to ensure that patients have access to quality medical care. The advantages of telemedicine in the context of the COVID-19 pandemic are many, but most of all they are related to the protection of people's health, their mental state and the provision of treatment in time. The use of telemedicine in psychiatry, according to some medical specialists, is a possible alternative for patients' access to quality health care. It is useful in many social environments with limited access to health care. Telepsychiatry improves integrated and patient-centered care by allowing the inclusion of mental health resources in the overall treatment of the patient (Rehman & Lela 2020).

In the context of the COVID-19 pandemic, health professionals working in departments of psychiatry and psychology are called upon to use remote medical services because there are many patients in need of mental health care. The restrictions caused by the pandemic changing people's daily lives, and this is associated with additional stress and anxiety, which negatively affects their mental health. In situations like this, many mental disorders are exacerbated or new ones appear (He et al. 2021). Encouraging patients suffering from depression or schizophrenia to use virtual communication with family, friends or a medical specialist would prevent acute exacerbation of their illness.

Telepsychiatry usually uses the online interaction between a patient and a medical specialist, including videoconferencing or text messaging. The use of asynchronous telepsychiatry, in which a detailed interview with the patient is recorded on video and examined by a specialist afterwards, is comparable to a classic method concerning the reliability of the assessment and effective treatment of many behavioral and mental disorders (Hubley et al. 2016). Despite the proven benefits of classic face-to-face psychiatric examinations, new approaches for accessing those in need of psychiatric care should be sought, especially in times of the COVID-19 pandemic.

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