

**PsychU Links:**

<https://www.psychu.org/patient-caregiver/improving-mental-health-with-digital-technology/>

(the PsychU recording of the “Improving Mental Health with Technology” webinar along with the presentation slides)

<https://www.psychu.org/patient-caregiver/>

(Additional resource for more information on patients and caregivers)

<https://www.psychu.org/patient-caregiver/navigating-telepsychiatry-in-mental-health-care-a-discussion-with-a-peer-specialist-a-caregiver-2/>

(Supplemental PsychU Webinar)