

Televero Behavioral Health Expands Access Amid Rising Mental Health Strain Fueled by Public Unrest

As social tensions rise, Televero is meeting the moment with accessible and trauma-informed care—now in 21 states.

SEATTLE, WA, UNITED STATES, February 11, 2026 /EINPresswire.com/ -- From headlines to households, the impact of public unrest doesn't just live on screens. It lives in our nervous systems, relationships, and communities. In a time marked by uncertainty, polarization, and global tension, more Americans are grappling with elevated stress, anxiety, grief, and fatigue. Televero Behavioral Health is responding with clarity, compassion, and action.

As part of its ongoing mission to make mental health care more accessible, Televero Behavioral Health has expanded its reach to 21 U.S. states—delivering personalized, trauma-informed care to individuals affected by ongoing social upheaval and collective stress.

The demand reflects what clinicians are seeing in real time. Approximately 65 percent of Televero patients report that current events, community unrest, and global instability are significantly affecting their emotional well-being. For many, the stress is not abstract. It shows up in disrupted sleep, increased anxiety, difficulty concentrating, strained relationships, and a persistent sense of uncertainty.

“This isn't just about news cycles. It's about what happens to people when their environment feels unsafe, unstable, or overwhelming,” said Ray Wolf, CEO of Televero. “We're here to tell people: you're not overreacting. Your body and mind are reacting appropriately to prolonged



Televero Behavioral Health

stress. And you don't have to go through it alone."

According to the American Psychiatric Association's statement on [mental health during times of unrest](#), exposure to violence, instability, and social tension can significantly impact mental health of both children and adults. These effects transcend demographics and affect individuals across all communities.

A Growing Mental Health Crisis and a Growing Response

According to Mental Health America, public unrest and global crises can trigger trauma, anxiety, and anger. These emotional responses are valid, whether you're living through the events or witnessing them from afar. When left unaddressed, the chronic [stress caused by conflict](#) can contribute to long-term mental health challenges.



[Macrosocial stress exposure](#) can also manifest physically, including sleep disturbances, irritability, fatigue, and increased substance use. These symptoms are becoming increasingly common as individuals navigate prolonged exposure to social tension and uncertainty.

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Ray Wolf, CEO of Televero Behavioral Health

That's where Televero steps in.

“We're expanding to meet rising demand—not just in numbers, but in need,” said Dr. Victor Gonzales, Medical Director at Televero. “Our virtual model gives people a safe, stigma-free space to process, grieve, heal, and re-

center—without leaving their homes.”

Accessible Care at a Critical Time

Televero Behavioral Health offers telehealth-based therapy and psychiatric services designed to reduce traditional barriers to care, such as geography, transportation, or fear of judgment. This model ensures people can access high-quality care, even when the world outside feels

unpredictable or divided.

Through its trauma-informed, measurement-based care model, Televero empowers patients to track progress and get care that adapts to their unique needs—whether they require ongoing support or a single session to regain a sense of grounding.

“Mental health support is essential infrastructure for public safety, social connection, and personal resilience,” added Wolf. “In moments like this, it’s not optional—it’s urgent.”

About Televero Behavioral Health

Televero Behavioral Health is a leading telehealth provider delivering accessible, high-quality mental health care across the United States. With a focus on clinical excellence, data-driven outcomes, and compassionate service, Televero is transforming how individuals experience behavioral health support. Now active in 21 states and continuing to expand, Televero remains committed to meeting people where they are—with care that works, when it’s needed most.

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