

Getting Ready for Telehealth



We'd like you to get the most out of your Telehealth session. These tips might be useful to help you prepare.

1. Find the right space

- Talking openly is important when you see your Social Learning Studio therapist
- Find a spot in your house that's away from sights and sounds that might distract you
- Let others know that you need privacy to get the most from the session
- If someone else is in the room during your session, let your therapist know

2. Check your tech

- Test your camera and microphone to make sure they work
- If you're on an iPad or Android device, make sure you have Zoom downloaded
- Google "Speed Test" to check if your internet connection is fast enough for a video call
- Check your email for a link to the Zoom call prior to the session start time

3. Check your shot

- Position your camera so you are easy to see on screen
- Remove objects from the background if you don't want your therapist to see them

4. Give yourself time to mentally prepare

- Driving, parking and sitting in the waiting area can create the time and space to put aside the rush of your day, and ready yourself mentally for your session. Consider going for a short walk, or preparing a hot drink before your Telehealth session. Talk to us if you'd like to explore other ideas to help get the most from your Telehealth session.