

TELEHEALTH

Instructions & Basic Tips

What Equipment is Needed?

1. Desktop computer, tablet, or phone.
2. An external or integrated webcam.
3. An external or integrated microphone.
4. An internet connection with a bandwidth of at least 10 MBPS.

What makes the best location?

1. Private.
2. Good light.
3. Minimal noise.

Check your speed.

You can check your internet speed [here](#).



What is Telehealth?

Telehealth is the use of video and audio technologies to support long-distance services between providers and their clients.

Through audio and video over the internet, you can meet with your counselor from your desktop, laptop, tablet, or mobile device (iOS or Android)—it's your choice!

Telehealth allows us to connect anywhere with secure and convenient appointments. During this epidemic in our world, you can have your counseling appointment directly from a laptop or mobile device.

How do I get started?

If you have a counselor already, contact your counselor directly to set up an appointment and decide on the platform you both will use.

If you do not yet have a counselor, read about our counselors on our [website here](#) and request an initial session with one of our counselors by contacting them directly using the phone or email under their picture.