

Tips to Prepare for Online Therapy Sessions

- **Attending an appointment:**
 - If you have a video session booked you will be sent a link that you can click on at the time of your appointment.
 - If you have a phone session booked your psychologist will call you.
- **Location**
 - Find yourself a private space to have your session where you will not be interrupted. This may include being in a room in your home with the door closed or even sitting in your car. Please note that you cannot be driving during a session for safety reasons. For video sessions, you may choose to use a virtual background to maintain privacy of your space.
- **Charge your phone or computer**
 - Ensure your phone or computer are fully charged for your session. Have a charger on hand.
- **Equipment required**
 - Video sessions: You will need: (i) a computer, tablet or smartphone; (ii) camera; (iii) microphone; (iv) headphones (i.e., this can help maintain privacy so that others cannot hear your full conversation and can also help with audio quality).