

HOW TO PREPARE FOR TELEHEALTH APPOINTMENTS

WHAT IS TELEHEALTH?

During the current COVID-19 pandemic, allied health professionals are able to offer bulk-billed online appointments. These online sessions are called telehealth.

Telehealth counselling is similar to regular, in-person counselling, but instead of meeting with your counsellor face-to-face, you can:

- echat,
- video call
- email

FIND A PRIVATE SPACE

Remember confidentiality

Don't forget that you will be talking about sensitive topics, so you will need to be in a space where you won't be interrupted by others.

SET ASIDE TIME

Allocate plenty of time

Like regular counselling sessions, telehealth sessions may last up to 50 minutes. Though if you would prefer a shorter time, that's ok too.

BE READY ON TIME

You will have a scheduled time

Like with any other type of appointment, you will need to be ready to start on time. Clinicians will have other appointments, so may have to cancel yours if you're late.

DON'T TRY TO MULTITASK

Stay focused

Don't try to do other things while you are in your appointment. It's important to concentrate on your clinician and what you're working on together,