

What To Expect From Telemental Health

What is Telemental Health?

Through audio and video over the internet, you can meet with your therapist from your desktop, laptop tablet or mobile device (IOS/Android). Telemental health allows us to connect anywhere with a HIPAA compliant Zoom platform that make sessions secure and convenient. Your therapist will email you the link to join your session.

First steps:

- Complete a telemental health consent form which we will send via email.
- Access to wifi with sufficient connectivity **helps to turn off other devices that are connected to wifi as well** If you have any issues, your therapist will help you troubleshoot.
- Finding a confidential space (using head phones or earbuds helps with privacy)

What to expect during your session:

- Once you have connected to Zoom session, make sure to have audio and video enabled (based on preference).
- Your therapist will be asking you to share where you are physically located (address).
Must be within Michigan
- Scheduled sessions are once a week up to an hour. For additional support outside of scheduled sessions, please discuss with your therapist.
- If connection is lost during session, your therapist will email or call (based on preference) to troubleshoot.
- You and your therapist preemptively will explore options for ending sessions early due to: safety and/or confidentiality concerns, etc.

Things to note:

- The Center for Survivors will not be recording sessions.
- If someone enters the room, please notify your therapist and the conversation will cease until private communication can resume.
- To reschedule or cancel, please email your therapist.