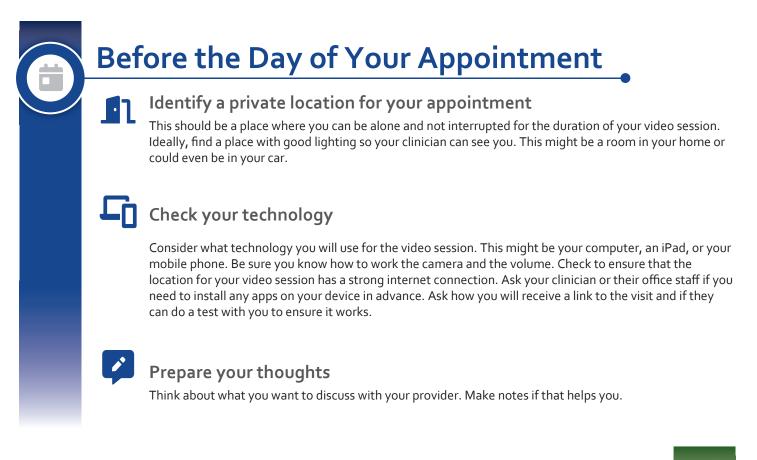


How to Prepare for a Video Appointment with Your Mental Health Clinician

Many mental health clinicians now offer appointments via video.

A video session allows you to access care even if you cannot visit your provider in person.



On the Day of Your Appointment

Get ready for your video session

On the morning of your appointment, make sure that your device is charged. Check that you have have the login link you need to access your video session. About 15 minutes in advance, have your technology ready and make sure your space is quiet and without distractions.



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Make sure you have any notes about what you want to discuss during the appointment. Also have a pen and paper in case you need to take notes. Bring reading glasses if you need them to see things on the screen, such as rating scales. Have the phone number for your clinician's office in case you need technical support.



Start Your Appointment

Sign in and get started

About 3 minutes before your appointment, sign into the video session. Make sure the camera is at about eye level. Your clinician will join and usually start by asking your name, address where you are currently located, and other basic details. The video session should last the same amount of time as an office visit. Make sure you ask any questions you have before you sign off.

Have other questions about telehealth? Visit SMIadviser.org/answers



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