

Telehealth Tips



Welcome to Worthy Psychology!

Here are some tips to ensure you get the most out of your Telehealth psychology session:

- Make sure you have the latest update for your internet browser installed on your computer or device to ensure you can connect successfully.
- Please ensure your device is well-charged and you have adequate lighting.
- You may wish to allow for extra time to set up prior to your session, get comfortable and practice some mindfulness to ease any pre-session tension.
- If your psychologist hasn't logged on at the designated time, please give it a few minutes and then send a text/email to follow up. We do value your time and aim to be on time as much as possible.
- Please ensure your space is private and you will be free from interruption or distraction. Your psychologist is also situated in a private space to protect your confidentiality.
- Please don't record your session (video/audio) or have another person listening to your session off camera. If you'd like another person to join the session, you may discuss this with your psychologist.
- It is recommended that you use a pen and notebook to take notes if required. It can be helpful to write down ideas or breakthroughs, reflections, between-session tasks etc.
- Other items that you may wish to have with you include a drink bottle, headphones, and tissues.
- Please ensure you are suitably dressed for your session, as you would be if you were attending a face-to-face appointment.
- Remember you can always request a short break if you need to go to the toilet or for some other reason.
- Pets and babies are welcome! Although we recommend you organise supervision for small children whilst you are having your Telehealth session.
- If your Telehealth link drops out, don't worry! You may be able to continue your appointment via telephone.