

HOW TO PREPARE

for a virtual Mental Health and Addictions appointment.

If you are new to connecting with your clinician by phone or video, we hope these tips will help you prepare for your upcoming appointment.

Before your first appointment:

- Write down a few thoughts, feelings, or concerns that you would like to talk about during your appointment.
- Test your devices (i.e. phone, tablet, computer, etc.) camera and microphone settings.
- Make sure your device is connected to a private, password-protected Wi-Fi network.
- Find a quiet and private place like your bedroom, or somewhere that will ensure you won't have any interruptions.
- That being said, put up a sign or let other members of your household know that you are on an important call/meeting.



During your call:



- Wear headphones so you can easily hear what your clinician is saying.
- Have a pen and paper handy in case you want to take notes during your appointment.
- Plug your phone or laptop in for the appointment so that it keeps its charge.

Reminder:

- We want to work with you.
- Your wellbeing and recovery are most important to us.
- If you are feeling anxious or unsure about your upcoming appointment, share these feelings with your clinician.

