



LEE CARLSON CENTER™
For Mental Health & Well-Being



PARTICIPATING IN THERAPY USING TELEHEALTH

Things to keep in mind:



FIND A PRIVATE SPACE WITH A DOOR YOU CAN CLOSE

Having a private space allows you to speak openly and not have to worry about someone overhearing you. Ask for help finding a good space that has privacy.



TALK TO YOUR CAREGIVER ABOUT HELPING MAKE SURE YOU HAVE SOME PRIVACY

Ask that your family members allow you to have alone time while you participate in your individual or group session.



ASK FOR HELP IF YOU CAN'T GET CONNECTED TO YOUR SESSION AND MAKE A PLAN FOR IF YOU GET DISCONNECTED

If you can't find your link, don't be afraid to ask for help! Call or email your therapist who can help you get connected.



SET A REMINDER FOR YOUR SESSION SO YOU DON'T FORGET

Write down the day and time of your meeting on a calendar or put a reminder in your phone to make it easy to remember your meeting time.



TALK TO YOUR THERAPIST ABOUT ANY CONCERNS YOU HAVE

No matter what the problem is, your therapist wants to help you. Don't be afraid to bring up anything that's on your mind about telehealth.