

# All About Kids

Child - Adolescent - Family



## TELEHEALTH WITH ZOOM

Internet/ wifi connection



A device - a computer, laptop, ipad, tablet, a smart phone



That's pretty much it. You are good to go.

### On your laptop or PC

#### Step 1:

Goto your email from your therapist/ psychologist and click on the link.  
The Zoom meeting page will load in a new tab automatically.

#### Step 2:

Click "Join Meeting". You will head straight into a "Waiting Room" where you need to wait.  
You can check your audio and video during this time.  
Your therapist will take you into the "Therapy Room" when they come online.

Look for the **"Chat"** on the side of the screen. Your therapist might type a message if they are running late to let you know they are there. You cannot reply on this "Chat" space unless you are in the 'Therapy Room'. Please wait for your Therapist/ Psychologist to come and get you.

### On your Phone or Ipad

#### Step 1:

Download the Zoom app.

App store: <https://apps.apple.com/us/app/id546505307>

Android: <https://play.google.com/store/apps/details?id=us.zoom.videomeetings>

You don't need to sign in or create an account.

#### Step 2:

Goto your email from your therapist/ psychologist and click on the link. This will open your app and then simply follow the steps. You will head straight into a "Waiting Room" where your therapist will take you into the "Therapy Room" when they come online. Please wait here for your Therapist/ Psychologist to come and get you. There may even be music to listen to in the Wait Room.

# All Devices

## Step 3:

When you enter the "Therapy Room" check to see your video and audio are turned on. On the right bottom corner you see a square, if you see yourself in live person, then your video is turned on. If you see a grey square with a grey shaped person in it, your video is turned off. Please click **"start video" on the left bottom of your screen**. You might also need to turn your 'audio' on if it isn't working. Click the **"start audio" microphone icon in the bottom left of your screen.**

## Step 4:

Start your session.

During your first session you will discuss how Telehealth works and play around with the tools if this is needed. Please let your Therapist/Psychologist know if you feel uncomfortable with the video space and discuss how to improve your experience. It may take some practice with this new technology or you may need some additional supports.

## Links for Support

**Zoom** has quite a few quick and easy to understand videos if you check their FAQ section. GOTO the Zoom home page and search FAQs.

### Tips on where to find buttons on your screen.

Hover your mouse along the bottom of your screen and you will see a tool bar. Here are a number of options for changing your screen, video and audio (for techy people).

When you are online with your Therapist they may share a screen with you. Hover your mouse up to the top of your screen. Your therapist will direct you to the **Screen Share Tab** which will have been opened by them.

You will see an **OPTIONS** tab.

If you click on this the drop down box has an **ANNOTATE** option.

Click on this and a tool bar opens.

You can write, draw, erase, stamp on the screen with your Therapist/ Psychologist.



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Enjoy your sessions.