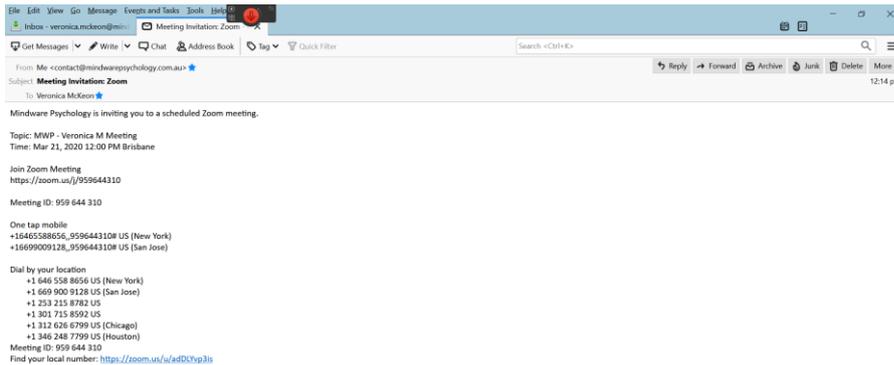


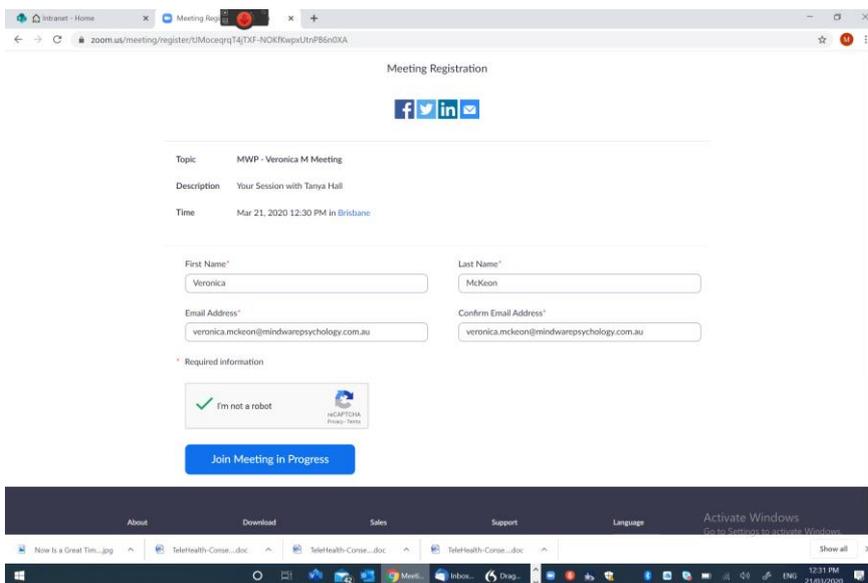
INFORMATION SHEET FOR ZOOM TELE-HEALTH

STEP ONE – Check your email

You will receive an email titled Zoom meeting invitation. Click on the link within the email that says **Join Zoom Meeting**. If the link does not work cut and paste this into your web browser eg. Google or chrome, or safari

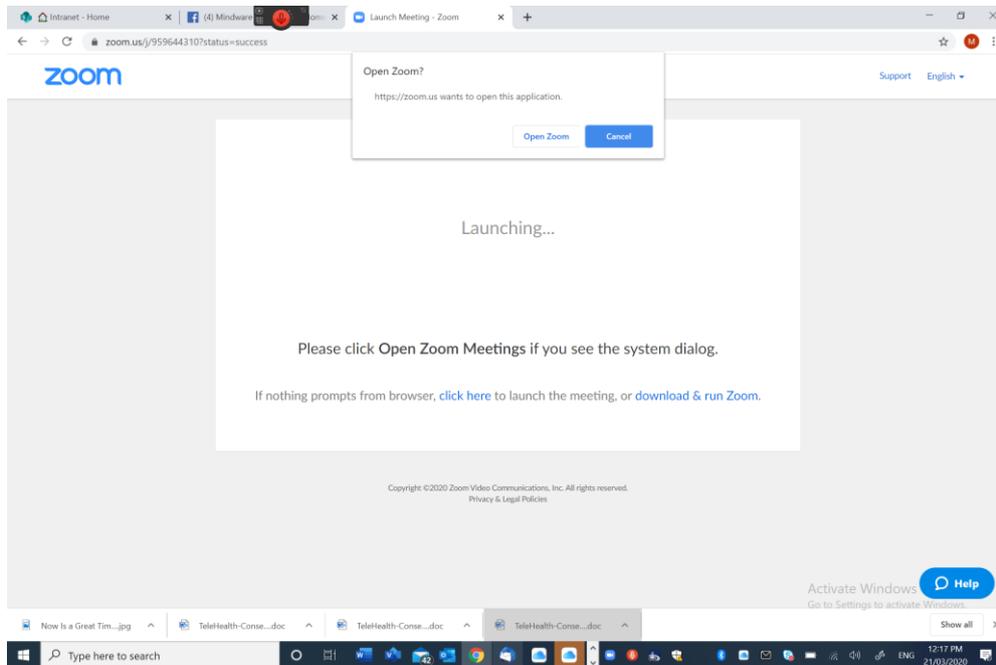


If a meeting request is sent earlier it may look like this. Simply fill in the required information and click JOIN MEETING or JOIN MEETING IN PROGRESS. You are not required to fill out your real name if you don't want.



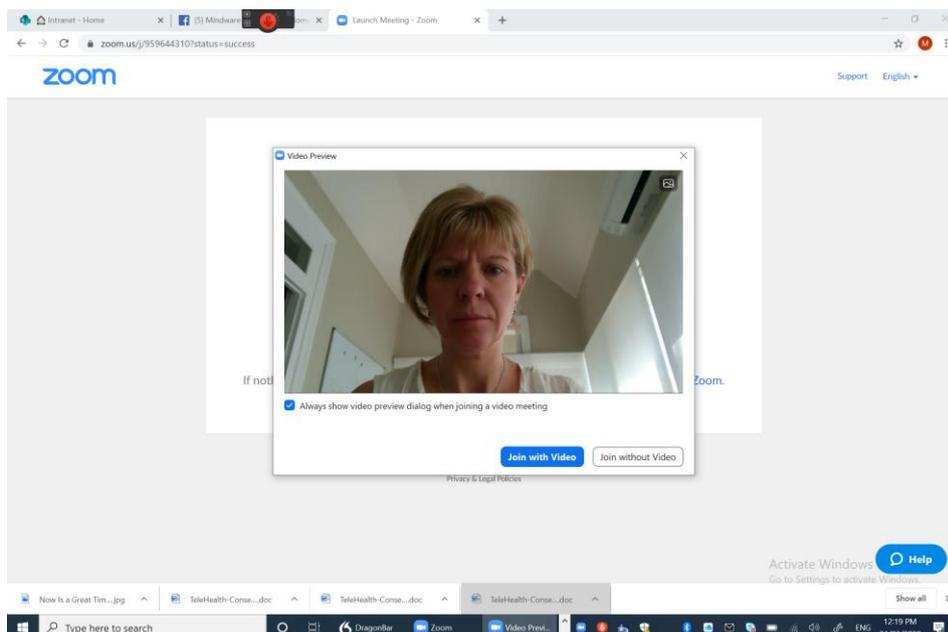
STEP TWO- OPEN ZOOM

There will be a small box that appears near the top of your screen that says “Open Zoom?”. Select the button that says **OPEN ZOOM**. If you have not already downloaded Zoom you will be asked to do that NOW.



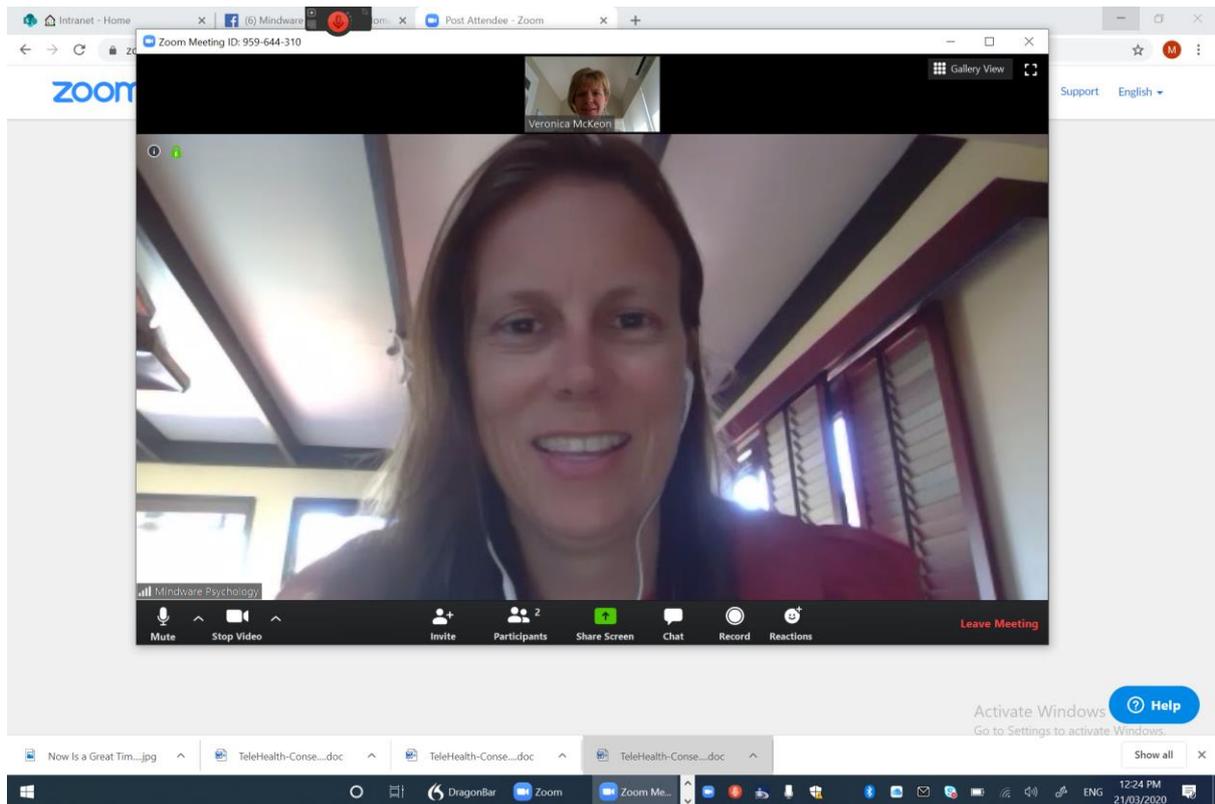
STEP 3 – JOIN WITH OR WITHOUT VIDEO

You will now see a picture of yourself appear on the screen in a small box. Click the button if you want to **join with video**. If you have slow internet you may just want to join with audio. If that is the case then select the audio only button.



STEP 4 – YOU ARE NOW IN THE MEETING

You will now see a picture of your Psychology ready to talk with you. If they have not arrived yet you will just see a blank screen, saying waiting to join the meeting. Please just stay on the line until they arrive.



WELL DONE

NOTE: If you have any problems with any of these steps please contact our reception number and they will attempt to help you. We recommend you have a practice with a friend before hand if that is possible.