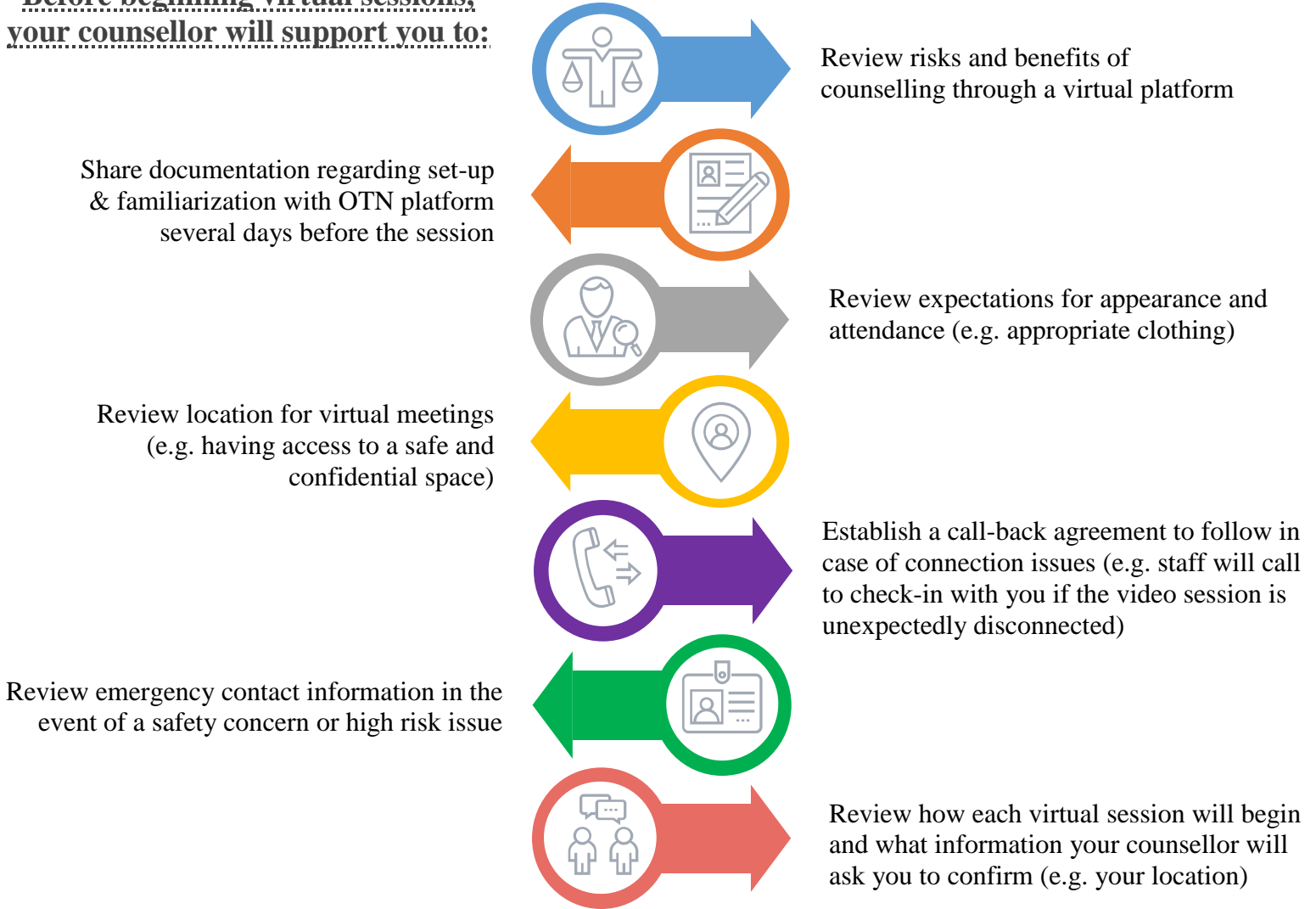




Virtual Counselling Client & Family Tip Sheet

Welcome! We are happy to be able to connect you to your worker via secure and private video from your computer at home, tablet or smartphone with OTNhub eVisit. The Ontario Telehealth Network (OTN) is free, and supports the delivery of virtual care to ensure easy access to mental health services.

Before beginning virtual sessions, your counsellor will support you to:



Other things to consider for each session:



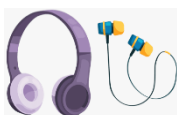
- Make sure you have enough light that you can be seen by the camera on your device
- Avoid bright lights behind you, as it causes you to appear dark on the camera



- Position yourself so you can be viewed in the middle of the screen
- Keep your device on a stable surface so the camera is still during the session



- Wear the same type of clothing that you would wear if attending a session at the office
- Please avoid use of substances prior to or during your session



- Find a safe and confidential location for your session
- For added privacy from others in your home, consider using headphones