



## How to get ready for your telehealth session – here are some ideas

### Prepare your Counselling /Coaching space:

- Check your computer/ phone battery is fully charged.
- Download the free Zoom app (or you could use Chrome).
- Test your video and audio settings are working.
- Check your internet connection has a strong signal.
- Use headphones for a better experience and for more privacy.
- Grab a glass of water, and your notebook if you would normally use one.

### Get comfortable:

- Check your location, make sure it is comfortable, quiet and has enough lighting.
- Remove distractions (e.g. notifications) and consider letting housemates/family members know that you should not be disturbed for an hour
- Have fun with virtual backgrounds.
- If you're uncomfortable seeing your own face on video, pop a post-it note on the screen over your face.
- If you'd really prefer not to do a video session, ask your practitioner if you can connect via phone instead.
- Think about what is normally helpful during your counselling sessions - tissues, a weighted/soft blanket, some fidget items or colouring pencils?

### Support during your sessions:

- If needed, take a break during your session, have a stretch.
- If you run into technical issues or lose internet connection, don't worry, your practitioner will contact you again and reconnect.
- Have a snack during your session.
- If you need further assistance with telehealth, contact Eating Disorders Queensland (EDQ) on (07) 3844 6055 or [admin@edq.org.au](mailto:admin@edq.org.au)