

Telehealth Services

Information for children and young people

What is Telehealth?

Just like a regular session, but we're not in the same room!
Telehealth can include video, phone calls, and emails.
You can access sessions from anywhere using a smartphone, tablet, or laptop over the internet.

What do I need?



Computer / Laptop / Tablet / Smart Phone
+ Internet connection

How does it work?

You connect with your clinician by a link sent through email. You will be connected in a virtual therapy room over the internet – **without coming into the clinic!**

How can I start?

To get started, talk to your Youthrive clinician. We can talk about your questions, any concerns, and more info to help you get set up!

What else do I need to know?

Check out our "handy tips" for telehealth sessions!





Handy Tips for Telehealth

What if I can't make it or want to change the time?

Telehealth sessions are just like any other session, so let us know as soon as possible if you cannot make the session.

Do I need to bring anything?

Please bring any materials or resources provided by your clinician for the session.

What do I wear?

Wear clothes you would normally wear to appointments at a clinic.

What is a good spot for my session?

- Choose somewhere with good lighting where you can see the screen and your practitioner can see you too!
- Somewhere flat you can put your device during the session.
- Choose somewhere quiet, so you can hear and we can hear you.
- You might want to use headphones so you can hear your clinician better.
- Think about what can be seen in the background by your practitioner while you are having video sessions.

Feedback? Other questions? Just ask!

Let us know your questions, worries, concerns, and thoughts about telehealth. We love hearing from young people and can find out more information together!

