

7 Tips for Making Virtual Therapy Work

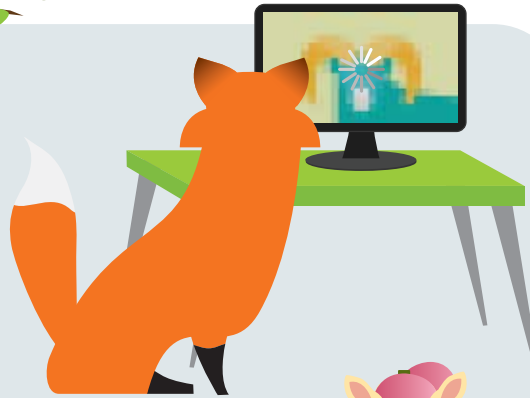
1. Check with your insurance provider to make sure your particular treatment is covered. While many rules have been loosened, there are still some restrictions.



2. Even though you may be able to see a provider located in another state, consider finding someone close to home. That way there won't be hiccups if the rules change or you want to switch to in-person treatment later.



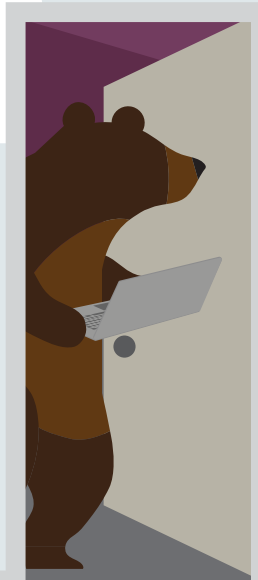
3. Have a backup plan (such as having your therapist call you on your cellphone) in case your internet connection drops or your picture constantly freezes.



4. Ask your therapist to use a secure platform (such as Zoom for Healthcare) and avoid connecting to your session via public Wi-Fi.



5. Find a private space so you can speak freely without being overheard or interrupted. Your car or a closet can do in a pinch.



6. Treat the session like an in-person visit. That means no pajamas, drinking alcohol or snacking.



7. Take a few minutes to sit quietly and prepare for your session. Going right from a work meeting to therapy can be jarring.



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