



GETTING STARTED WITH...

TELEHEALTH COUNSELLING



YOUTH
COUNSELLING
& SUPPORT
SERVICE



Before your session, remember to...

FIND A PRIVATE & CONFIDENTIAL SPACE

Please ensure you are in a space that is private and confidential during the session. This means you won't be interrupted or overheard by others. An appropriate place might be your bedroom with the door closed.

BE READY ON TIME

Like any appointment, you will have a scheduled time to attend your session so please try and be available on time. Sessions may be cancelled if more than 10 minutes late.

ALLOCATE 50 MINUTES

Telehealth counselling sessions will be up to 50 minutes but you can have shorter sessions if that suits you better.