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## Tele-mental Health Tutorial

### To utilize Tele-mental health you will need:

- Headphones for improved sound and clarity/volume for listener(s)
- Webcam (Many laptops have a webcam built into the screen display. There are also webcams that can be purchased separately and easily sit on your laptop or desktop computer monitor.)

**Prior to your first meeting with your C.A.S.E. Therapist, please view the required Zoom training tutorials at the following link:**

<https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>

- Join a Meeting
- Meeting Controls

**Prior to your meeting, you will receive an email with a link.**

Click on the link within the email at the appropriate time of your appointment in order to join the meeting; then, ensure your audio and video are functioning. This process is described in further detail during the short trainings listed above.