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.