

# Memo to current clients

I want to provide some assurance to you that you will still be able to continue therapy during this time. I have resources in place to offer Telehealth sessions immediately if needed.

## Why consider Telehealth Sessions?

- Your school just closed, and you need to stay home with the kids.
- You may be feeling sick or are at risk of getting ill but still feel up to a session.
- I may be feeling ill and need to work from home to prevent spreading germs to you.
- You may want to stay home until you are sure it is safe.

## How do I start?

- Let me know of your interest, and we will go through some additional informed consent items, make sure you are a good fit, and go through the emergency protocol procedures.
- I will send you a copy of the Telehealth informed consent document to digitally sign and a packet containing a copy of the emergency procedures and instructions on how to set up your space for the best therapeutic experience.
- I will send you the instructions for how to connect to the video conferencing system and assist you with any technical questions or difficulties.

If you have any questions, please let me know. I am here to help.

*Be safe, be calm; I am here for you.*