



Online (Virtual) Counselling: Zoom Guide



ONLINE (VIRTUAL) COUNSELLING: ZOOM GUIDE

The demands of modern-day life make it increasingly difficult to prioritize our psychological health. By following this easy 4 Step Guide to using Zoom's secure online platform, you can enjoy our video-based counselling services that are as effective as in-office. In order to take part in online (virtual) counselling, you will need access to a smartphone, laptop or desktop, and a secure WIFI connection.

CREATING A ZOOM ACCOUNT

Step 1: Visit <https://zoom.us> and click **SIGN UP, IT'S FREE** in the top right hand corner. Enter your email address and click **Sign Up**. Zoom will automatically send you a confirmation email to "Please activate your Zoom account".

Sign Up Free

Your work email address

Zoom is protected by reCAPTCHA and the Privacy Policy and Terms of Service apply.

Sign Up

Automatically join audio by computer when joining a meeting

Step 2: Activate your account by clicking **Activate Account** or pasting the link provided in your browser. This will automatically take you to a secure Zoom webpage to create your profile.

Welcome to Zoom!

To activate your account please click the button below to verify your email address:

Activate Account

Step 3: Create your profile by adding your (1) "Account Info": Add your name and confirm a secure password. (2) "Invite Colleagues": You can skip this step at the bottom (3) "Test Meeting": Select **Start Meeting Now**. This will prompt your device to automatically download the Zoom App when you select 'Open this page in "Zoom"?'

Step 4: Click the Zoom meeting link provided to you to access your meeting. Open the meeting by clicking **Allow**. Sign in using your email and password if prompted. Click **Join with Computer Audio**. All done! Enjoy your telehealth meeting with our team member.

Computer Audio

Join With Computer Audio

Test speaker and microphone

Automatically join audio by computer when joining a meeting

For more information on our Online (Virtual) Counselling services, please contact your clinician, our Clinical Coordinator at referrals@drjotisamra.com, or see our website at: <https://drjotisamra.com/secure-online-virtual-counselling/>.