SUPPORT TO REACH YOUR GOALS

ACCESS YOUR ONLINE SUPPORT SESSION FROM ANYWHERE **USING ANY DEVICE**

After you book your online session, you will be sent an email link. Follow the steps below to attend your session.

NOTE: Our online platform works on all major browsers (Chrome, Safari, Firefox and Microsoft Edge). Make sure you are using the latest version of your browser.



Accessing your session

- 1. Open the email containing your session link.
- 2. Select Start a video call.





- 3. You will be prompted to a short demonstration to allow your camera and microphone. Select Allow.
- 4. If you are using a device with a camera, you will be asked Do you see yourself? Select Yes.
- 5. On the next screen you will be asked Do you hear this sound? If you hear the sound, select Yes.
- 6. On the next screen you will be asked to Try speaking, is your microphone working? Speak into your microphone to test and select Yes if it is working.
- 7. You will be asked to fill in your First name and Last name before selecting Continue.
- 8. You will then be asked to give consent to take part in your online session. If you give consent select Continue. If you do not give consent, select Cancel. NOTE: If you do not consent, you will not be able to take part in your online support session.
- 9. If you selected Continue you will now be admitted into the waiting area.
- 10. Once you have been admitted into your session, your allocated support staff member will soon join you.



Having trouble accessing your session?

- Are you in a quiet and safe environment for the session?
- Is your device connected to the internet?
- Are you using the latest version of your web browser?
- Have you selected the correct microphone, speaker and camera?
- Did you select Continue after reading the consent form?







