



MIND BALANCE HK

Your Online Therapy Guide



SET YOUR THERAPY SPACE

Try to use a space that you do not usually use for work or pleasure. Add items that make you feel calm and comfortable.

Don't forget to add things like tissues, water or pen and paper.



BE ON TIME

Try to log on a few minutes before your session starts. Sometimes there may be technology issues that need to be resolved first.

Treat online therapy the same way you would treat offline therapy.

MINIMIZE DISTRACTIONS

Try to ensure that you have your notifications turned off and that you have let other people know you would like to not be interrupted.

Please refrain from things like eating or drinking alcohol during the session.

EQUIPMENT

Try to use a desktop or laptop computer set on a stable surface to reduce movement and allow for a bigger screen.

Please find a spot with a strong and consistent WiFi connection.

CONFIDENTIALITY

Try to find a space separate from other people and where you can speak without anyone listening in on your conversation.

We maintain confidentiality for you as best we can, but need some extra help from you in online sessions.

EMERGENCIES

If you are experiencing a mental health emergency, please contact your emergency services immediately on 999.

Please also provide an emergency contact for your practitioner when you embark on your online therapy journey.

