

# Accessing Telehealth

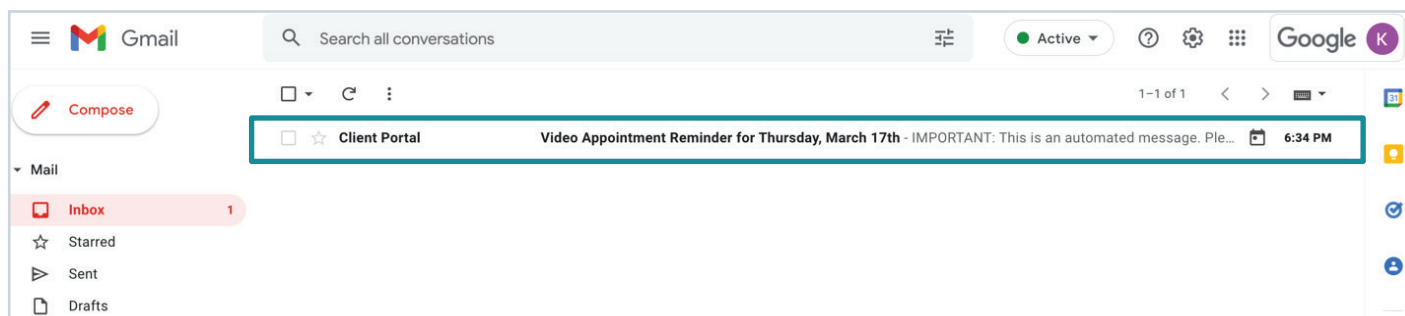


HEALING TIDES  
COUNSELING

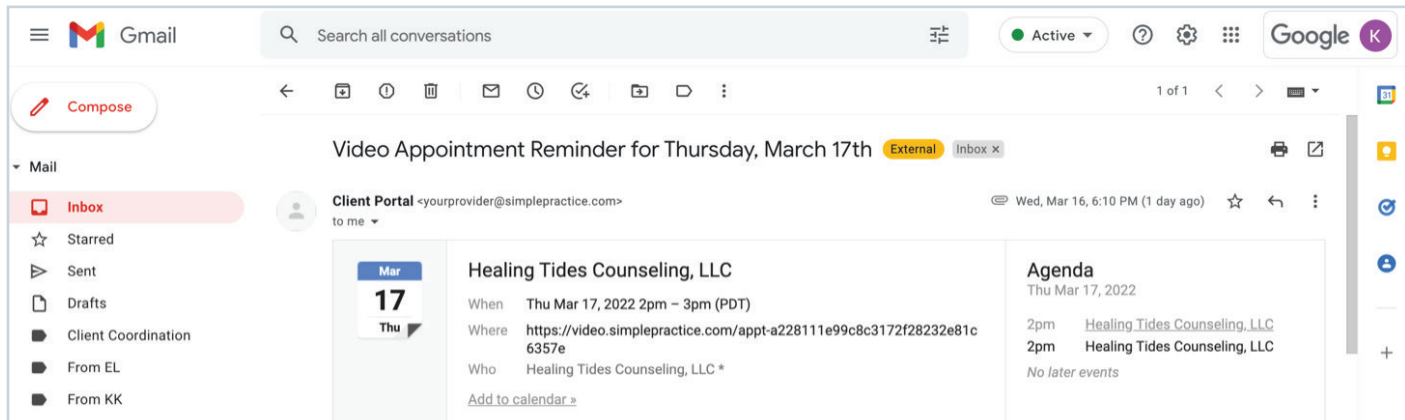
Healing Tides Counseling offers Telehealth sessions. Here are directions to access Telehealth from your home computer, tablet, or phone. Please make sure you're using a browser that is supported by our Telehealth platform.

## Accessing your appointment from your computer

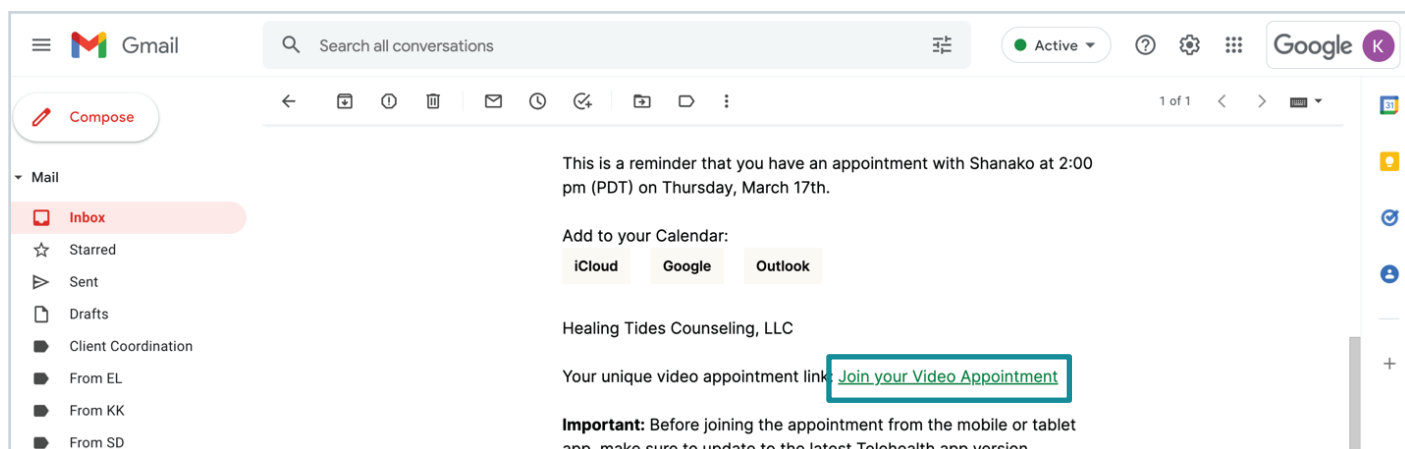
**Step #1:** Support in accessing your Healing Tides appointment via Telehealth on your computer browser:



**Step #2:** Open your appointment reminder email.



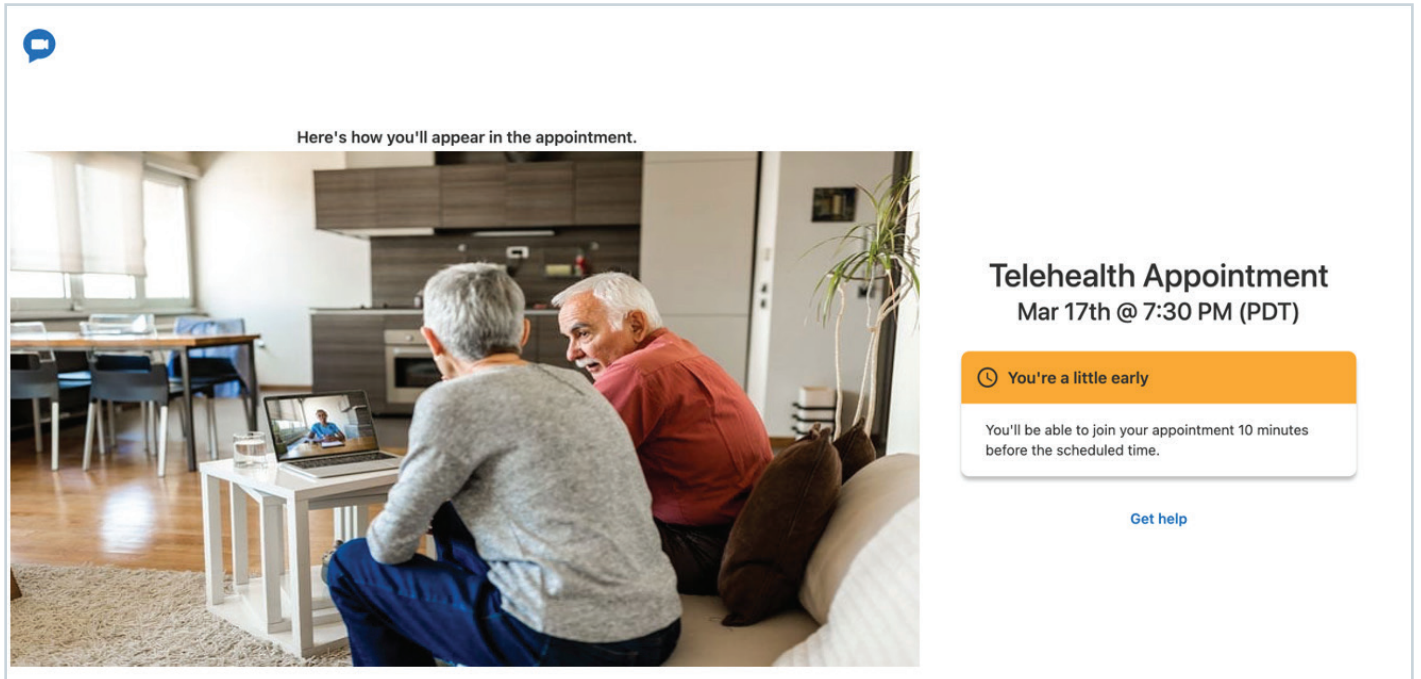
**Step #3:** Scroll down briefly until you see the "Join your Video Appointment" link.



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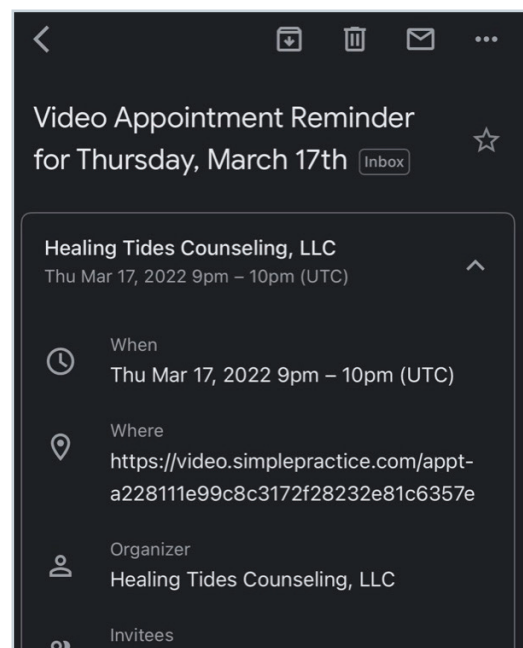
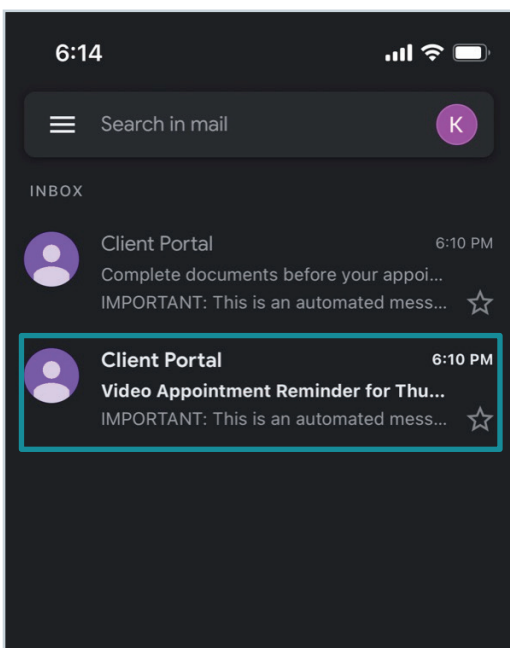
**Step #4:** This link will take you directly to your Telehealth waiting room where your therapist will directly connect with you.



## How to access your Telehealth appointments on an iOS platform

**Step #1:** Support in accessing your Healing Tides appointment via Telehealth on your iOS platform:

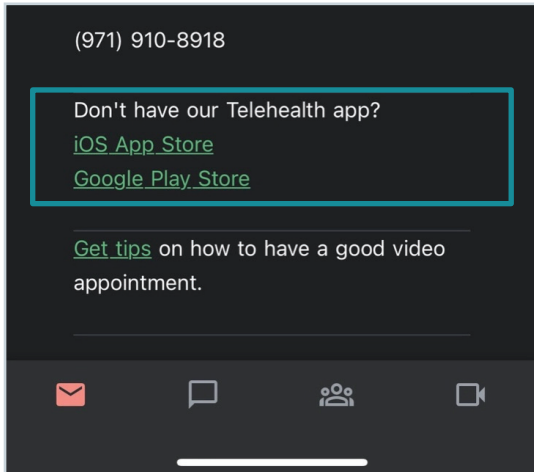
**Step #2:** Open your appointment reminder email.



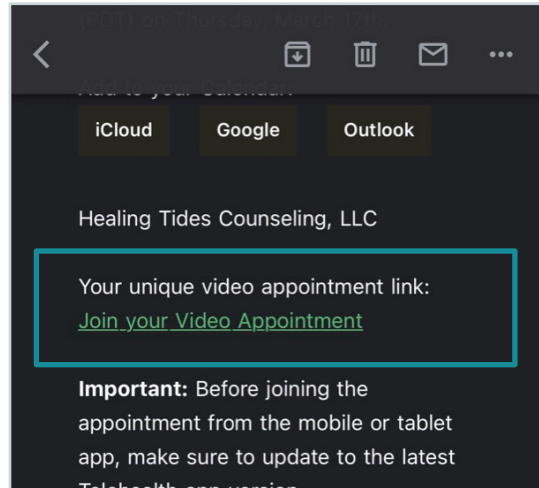
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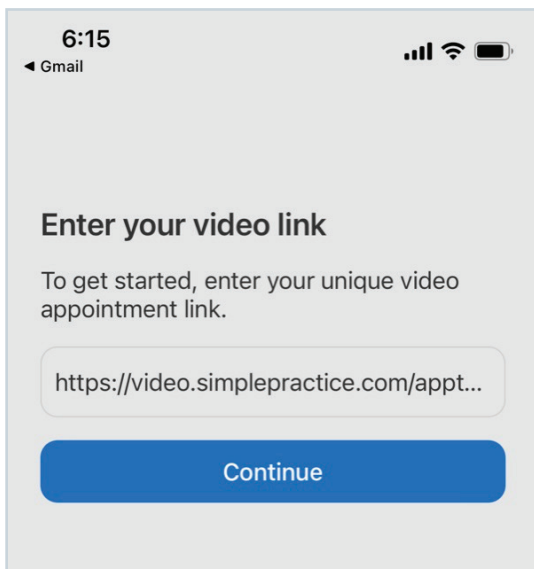
**Step #3:** If you do not have the Telehealth app by Simple Practice, please scroll down to the end, click the link matching your tablet/cell phone platform to download the app on your device.



**Step #4:** Once you have the Telehealth app by Simple Practice, please continue to scroll down the email until you see the "Join your Video Appointment" link.



**Step #5:** After clicking on that link, it will automatically open the Telehealth app by Simple Practice.



**Step #6:** Your video link will load automatically and click continue to meet directly with your therapist.

