

Accessing Mental Health Services Remotely

Using mental health services online or over the phone might give you some concerns. Here are some tips to help you feel more secure accessing counselling or therapy sessions.

Maintain Boundaries

Let your parent or carer know that your sessions are confidential - your counsellor or therapist will do this too. It's important to remember that your session is for you.



Arrange Communication

If a parent or carer has something they'd like to share with your counsellor or therapist and you are happy for this to happen, speak to your counsellor or therapist. They will have some ideas about making this effective for you.



Headphones

Using headphones will help keep the content of your session between you and your counsellor or therapist.



Sign On The Door

A sign on your door asking that you're not disturbed or that you're going to be having your session at a certain time is a simple but effective method of letting others know you need privacy.



Go Outside

If you can't find a private space within your home, you could try going out into your garden or other outside space. Just be mindful of who may be around you.



Radio

To minimise being overheard, you could try putting a radio outside or by your door to cover the sound of you talking.

