

# Ten Telehealth Tips for Youth and Teens

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## Transitioning to Telehealth Therapy During the COVID-19 Pandemic

While telehealth therapy can be strange and awkward at first, it becomes much like a regular session once you get the hang of it! Here are some tips to help you seamlessly transition to telehealth and get the most out of your home sessions!

- (1) **Choose a comfortable space** in your home for your session. This could include your favorite chair or a little nook!
- (2) **Find a quiet, private space that is free of distractions.** This applies to cell phones or other devices, as well! *\*If you can't think of a private space, your therapist can help you brainstorm alternatives!*
- (3) **Bring your favorite tea or drink** to your session! They make great talking points with your therapist!
- (4) This is a great chance to **introduce your favorite pet** to your therapist! Let them join in unless you and your therapist have arranged otherwise.
- (5) **Prop up your device** in whatever way that is easiest for you. What you feel most comfortable with may depend on the device you decide to use.
- (6) **Don't try to do other tasks during your session.** Your therapist needs your undivided attention during this short time, so you can get the most out of it!
- (7) Just like you shouldn't text and drive, **you should never "telehealth" and drive (or be in a car, period)!** Remember, these sessions are meant to be both productive and private!
- (8) **Use your favorite earbuds or headphones during your sessions!** Of course, you can use your speakerphone or computer audio if that's what you prefer.
- (9) **Create some type of white noise outside the room you'll be using for your sessions.** This will increase your privacy, especially if there are others in the home. For example, you can use a white noise machine or set a radio with music playing outside of your door. You can also just have others in the home play music or use headphones so they can't hear you!

**Tip #10: Just be YOU!** This is a learning process for everyone, including your therapist, so the best thing you can be is YOURSELF!