

# HOW TO ACCESS THERAPY

**Follow these steps to connect with a therapist to get started on your goals!**

## GO TO THE ONLINE PORTAL

Access the portal through [journeywell.janeapp.com](http://journeywell.janeapp.com)



## SELECT THERAPY INTAKE CALL

A brief, no charge phone call is a chance to get more information and make sure the therapist is a good fit for you.

## SELECT A TIME

Available appointment times are in the schedule and you can pick one that fits your schedule!



## SET UP A PROFILE

Share some information with us so you are able to use the portal for your appointments and so that we can be prepared for our phone call.

## HAVE YOUR INTAKE CALL

The therapist will call you at the scheduled time that you chose to discuss your concerns and goals, and the therapy process. Then you can decide how you would like to move forward.



**CONNECT WITH US TODAY!**

**[WWW.JOURNEYWELL.CA](http://WWW.JOURNEYWELL.CA)**