

SIGNAL

Simple Instructions:

(If needed, there are more detailed instructions in the middle of page 2)

- 1- **ON YOUR PHONE** Add Dr. Lynette's Signal number to your phone's contacts, **505-596-3883 (505-Lynette)**
- 2- Google "Signal" on your phone & download the app (or find it in your play store – it is free)
- 3- Create your Signal profile. (You can skip your last name and your picture)
- 4- **ON YOUR COMPUTER**, google 'Signal'
- 5- Download signal to your computer, a QR code will appear.

TO CONNECT YOUR SIGNAL ACCOUNT FROM YOUR PHONE TO YOUR COMPUTER

- 6- On your phone, click on 'linked devices' and choose your computer
- 7- Point your phone's camera at the computer QR code. This will connect the devices so that your Signal account is on both your phone and your computer.

For information about what a QR code is, see the last section of these instructions.

Preparing for Your First Session

1. Test your setup before your first appointment:
 - Make sure your device is charged
 - Connect to reliable internet
 - Find a quiet, private space
 - Test your camera and microphone
2. To join the session:
 - Open Signal. You will receive a join notification from your therapist on Signal
 - Click/tap the video camera icon to start the video call

Important Tips

- Keep your phone nearby even when using the computer version
- Make sure your internet connection is stable
- Sit in a well-lit area so your therapist can see you clearly
- Use headphones, if possible, for better audio quality
- Try to be in a quiet, private space during sessions

What is a QR Code?

The QR code process is very safe - it's actually designed specifically to protect your privacy! Think of it like having a security guard (your phone) and a special visitor pass (the QR code) to get into a secure building.

Here's how it works:

1. When you're connecting your computer, only YOUR phone can give permission
 - Nobody else can connect to your account, even if they tried
 - The QR code only works one time and expires quickly
2. You're in complete control
 - Your phone has to physically scan the code
 - You can see exactly which devices are connected
 - You can remove a device's access anytime by going to "Linked Devices" on your phone
3. Your messages stay private
 - All your therapy sessions and messages are protected with strong security
 - Even Signal's employees can't read your messages or see your video calls
 - Everything is "encrypted," which means it's scrambled so only you and your therapist can see it

If you ever feel unsure, you can:

- Ask your therapist to explain more about Signal's privacy
- Remove any device's access through your phone
- See a list of all connected devices right on your phone

If Needed - More Detailed Instructions:

1 -Add Lynette Wiest's number to your contacts - **505-596-3883 (505-Lynette)**

2- On Your Phone

🔍 Find the App Store (iPhone) or Play Store (Android) on your phone

🔍 Search for "Signal" - (Look for the blue icon with white speech bubble)

↓ Tap "Install" or "Get"

📱 Enter your phone number when asked

⇒ Type your name when prompted

3-On Your Computer

🌐 Open your web browser and go to: signal.org/desktop, or just google "Signal"

🖱️ Click the big blue "Download" button

🖱️ Open the downloaded file and follow the simple setup steps

4 -Connect Everything Together

 Open the Signal app on your phone

 Tap your profile picture → Linked Devices → Plus (+) button

 Point your phone's camera at the square pattern (QR code) on your computer screen

5 -To **Join Your Session**

 Wait for your therapist's join call message in Signal

 Click the camera button to start your video session

If Needed, Even More Detailed Instructions!

Step 1 – Add Dr. Lynette’s Signal number to your phone contacts – 505-596-3883 (505-Lynette)

Step 2: Get Signal on Your Phone

- Find "Signal Private Messenger" in your phone's app store (look for the blue icon with a white speech bubble)
- Install it just like any other app
- Open Signal and enter your phone number
- Enter the code Signal sends you by text message
- Type in your name when asked

Step 3: Get Signal on Your Computer

- Visit signal.org/desktop on your computer, or google ‘Signal’
- Click the blue "Download" button
- Open the file you downloaded and follow the simple installation steps
- Open Signal on your computer when it's done installing

Step 4: Connect Your Devices

- When you open Signal on your computer, you'll see a square pattern (QR code)
- Open Signal on your phone
- Tap your profile picture (top left)
- Tap "Linked Devices"
- Hold your phone up to your computer screen to scan the pattern

When It's Time for Your Session

1. Make sure your device is charged

2. Find a quiet, comfortable spot
3. Wait for your therapist's join call message in Signal
4. Click the video camera button to join your session

Don't worry if it takes a few tries!

AND EVEN MORE DETAILED INSTRUCTIONS IF NEEDED

Part 1: Installing Signal on Your Mobile Phone

For iPhone Users:

1. Open the "App Store" on your iPhone (it's a blue icon with a white "A")
2. Tap the search icon (magnifying glass) at the bottom
3. Type "Signal Private Messenger" in the search bar
4. Look for the Signal app (blue icon with a white speech bubble)
5. Tap "Get" or the cloud download icon
6. You may need to use Face ID, Touch ID, or enter your Apple password

For Android Users:

1. Open the "Google Play Store" on your phone (it's a triangle-shaped icon)
2. Tap the search bar at the top
3. Type "Signal Private Messenger"
4. Look for the Signal app (blue icon with a white speech bubble)
5. Tap "Install"

Setting Up Signal on Your Phone:

1. Open Signal after it's installed
2. Tap "Continue" to allow Signal to send you notifications
3. Enter your phone number when prompted
4. You'll receive a 6-digit code via text message
5. Enter this code into Signal when asked
6.
 - Create your profile: You can skip adding a profile photo if you prefer
 - Enter your name (this is what your therapist will see)

Add Dr. Lynette' Signal Number to your phone's contacts : - 505-596-3883 (505-Lynette)

Part 2: Installing Signal on Your Computer

For Windows Users:

1. Open your web browser (like Chrome or Edge)
2. Go to signal.org/desktop, or google "Signal"
3. Click "Download for Windows"
4. Once downloaded, double-click the file (it will be named something like "Signal-Setup.exe")
5. Click "Yes" if asked about allowing the app to make changes
6. Wait for installation to complete

For Mac Users:

1. Open your web browser (like Safari or Chrome)
2. Go to signal.org/desktop or google "Signal"
3. Click "Download for Mac"
4. Once downloaded, double-click the file
5. Drag the Signal icon to your Applications folder when prompted

Linking Your Computer to Your Phone:

1. Open Signal on your computer
2. You'll see a QR code (a square black and white pattern)
3. On your phone:
 - Open Signal
 - Tap your profile icon (top left)
 - Tap "Linked Devices"
 - Tap the plus (+) button
 - Point your phone's camera at the QR code on your computer screen
4. Wait for the linking process to complete