

# Alternatively:

1. Provide us with an email that you can access easily
2. Your therapist will send you a link invitation for your telehealth session to that email
3. Click on the link and connect with your therapist in the virtual waiting room
4. You will need a device with a camera: Laptop, iPad, or phone (Android/Chrome, iOS/Safari)
5. When it's time for your session, your therapist will connect with you
6. There is no need for you to create an account with Doxy.me