

Accessing Telehealth Appointments

How to connect with your psychologist from the comfort of home

Book Your Telehealth Appointment

Book online using our [Client Portal](#) or call our reception team to book (1300 229 906)

Complete Your Initial Paperwork

Shortly after booking your appointment, you will receive an email with your appointment details & online forms to complete prior to your session.

Receive Your Telehealth Link

On the day of your scheduled appointment, you will receive a secure, unique telehealth link via email. Please contact our office should you experience any issues joining your meeting on 1300 229 906.

Prepare for Your Session

Seat yourself in a quiet and private space without disruptions. Please note that due to the nature of services provided, we cannot conduct an appointment whilst someone is otherwise preoccupied (e.g., driving, shopping). Use a phone, tablet, or computer with audio & video capabilities enabled to join.

Join Your Appointment

At your appointment time, follow the email instructions and click the secure link provided. You will be admitted to a brief waiting room before your psychologist commences your session.

Phone: 1300 229 906

Email: admin@abilitypsychologyservices.com

Website: www.abilitypsychologyservices.com