

GUIDE TO TELEHEALTH

What to Expect for Your First Session

SERENITY COUNSELING SERVICES, LLC



Your first TeleTherapy session won't be drastically different from an In-Person session. The first appointment is a "get to know each other" appointment. You tell a bit about your story and background. During this session, you and your therapist will discuss your treatment goals. After your first session, you can discuss when you will have your next session and how frequently you would like to be seen.

The main difference between TeleHealth and In-Person is that the TeleHealth appointments are completed via a secure online therapy platform. This means that you are able to attend your therapy sessions at home, during your lunch, or wherever you feel most comfortable.



We ask that you find a private location to complete the session, such as a spare bedroom, office, or parked car. We also request you to remain in the state of Georgia and avoid traveling during your session. It is recommended that you have access to reliable internet or cellular service.

Prior to your session, you will receive an e-mail with a link for your session with instructions on accessing your session.



At the end of your session, your therapist will talk with you about how often you would like to meet. If you would like to schedule your follow up appointments at a later time, you can schedule appointments through the TherapyPortal or by contacting our office at 229-251-5151.