

HOW TO ACCESS A TELEHEALTH COUNSELING SESSION



CALL 971.722.8153

Leave a message with your name, G#, and best way to contact you.

CHAT WITH A COUNSELOR

A counselor will call you to complete a brief screening, identify your needs, and determine if telehealth counseling is right for you.

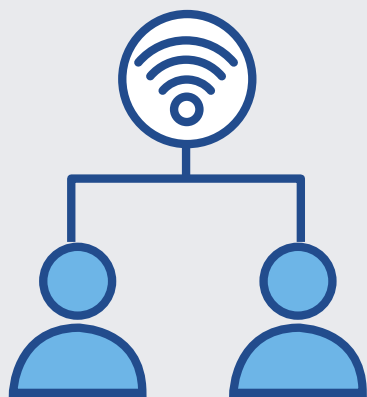


CHECK YOUR EMAIL

When you schedule an appointment, two forms will be sent to your MyPCC email via DocuSign. Read, sign, and submit the consent forms electronically.

SET UP YOUR SPACE

Identify a private and safe space, ideally a room with a closed door. If that is not available, choose another location inside or outside where others are not present. Use headphones if needed.



PREPARE FOR YOUR SESSION

Be sure your laptop or device is connected to the internet with video and sound capability. Your counselor will email a Zoom link to you 5 minutes before your session.

DURING YOUR APPOINTMENT

Your counselor will begin your session with a brief check-in. Together, you and your counselor will develop a plan to address your concerns and work towards your goals. Your session will last approximately 30 minutes and follow-up sessions will be scheduled as needed.



PCC COUNSELING IS HERE FOR YOU

FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE

www.pcc.edu/counseling