

Zoom Meeting Instructions

- **Check your email**

You will receive an email with an invite to Zoom from your counselor before your appointment. Every counselor sends them at different times, so just be sure to look for it about 10 minutes before your scheduled appointment time

- **Accept the Invite**

When it is time for your meeting, open the email from your counselor. It will say:

(Counselor Name) is inviting you to join a Zoom meeting.

Join from PC, Mac, Linux, iOS or Android http://_____zoom.us/

Click on the link that is underlined.

- **Join the Meeting**

Once you click the link, a box will pop up. Click on the link that says:

Join or Launch Zoom meeting

- **You are in the Meeting**

You will then be face to face with your counselor. If you do not connect or have any problems don't worry the counselor will just give you a call.