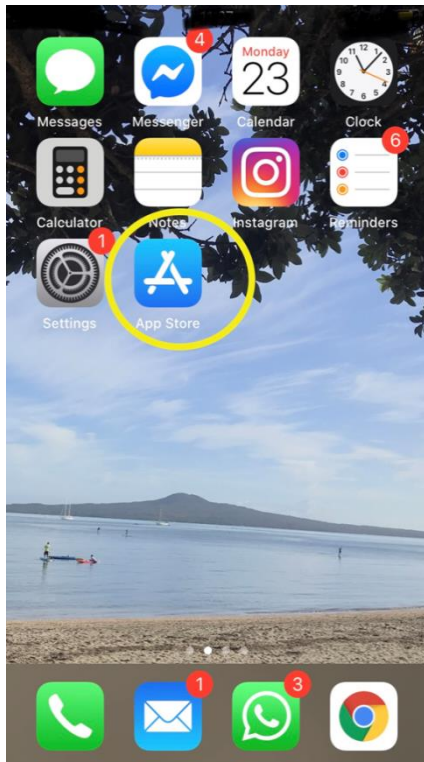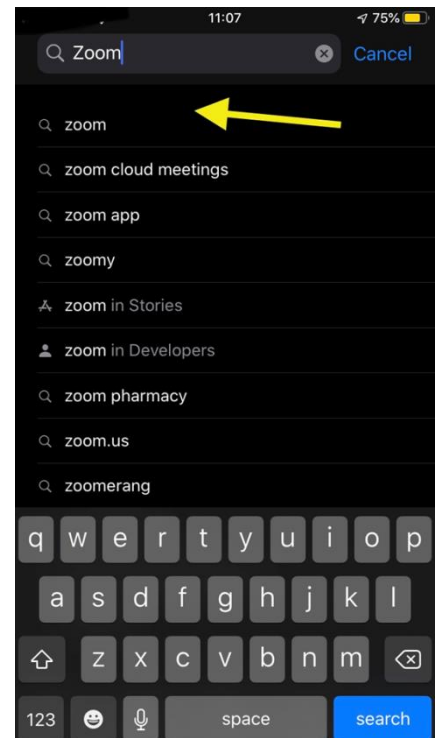# Instructions for iPhone users to join 'Zoom' meeting with therapist

Prior to the meeting follow steps 1-4 for initial one time download of Zoom.
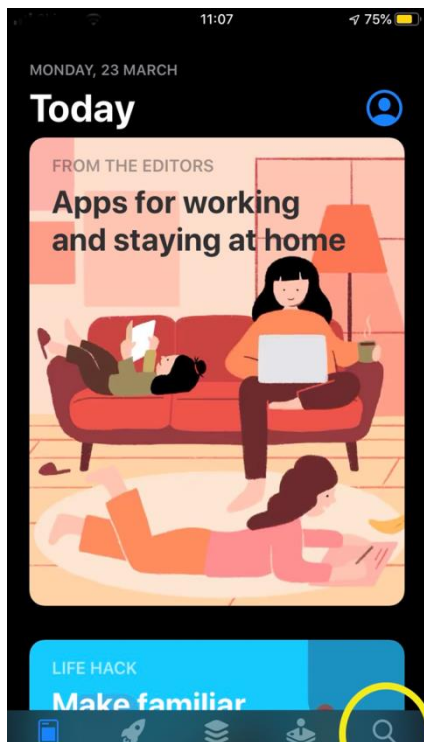
Follow steps 5 and 6 once you receive a meeting invitation from your therapist via email/text
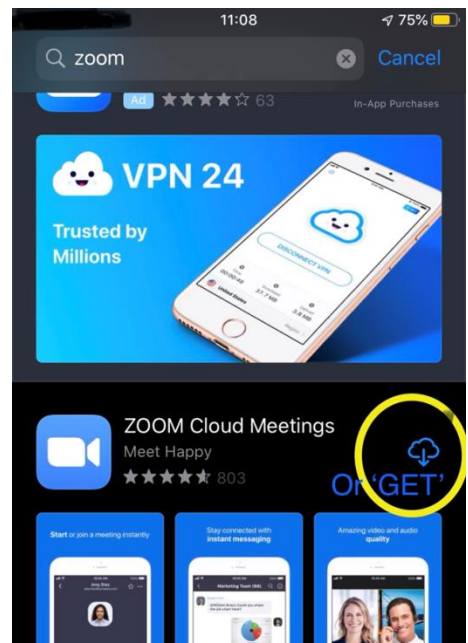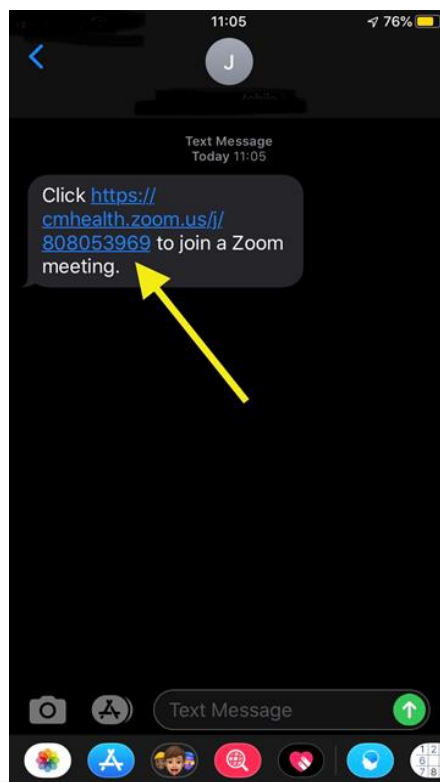


**1. Access the 'App Store'**



**3. Type in 'Zoom' and click on 'zoom' (as indicated by yellow arrow) or click blue 'search' button in bottom right hand corner**
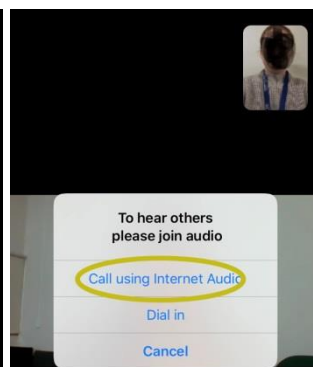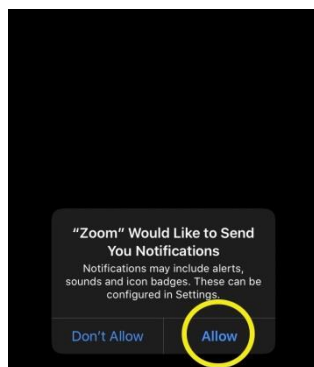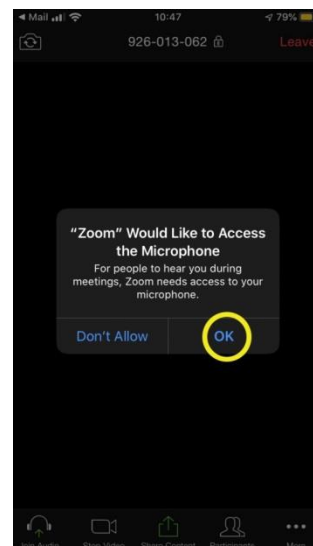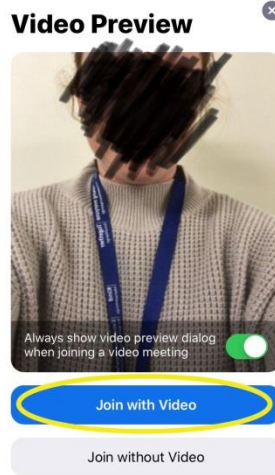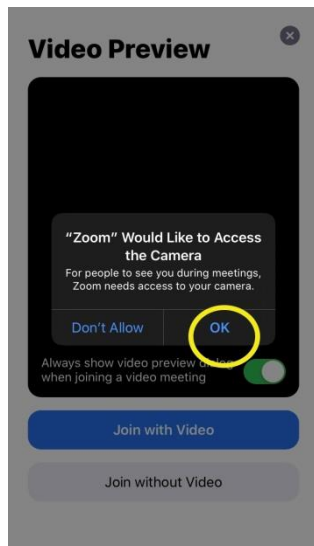


**2. Click 'search' icon**



**4. Click the blue 'GET' button on the 'ZOOM Cloud Meetings' app. And login with your apple ID and password to complete download.**

**5. Access email (as pictured above on left) or text message (as pictured above on right) from the therapist at the time of your scheduled appointment. Click on the link.**



**6. Next for the initial 'Zoom' set up follow the prompts to allow access to camera, join with video, access microphone, allow notifications then call using internet audio (as above in pictures). Then you are set up and ready to chat. The session can be ended by tapping on the screen and clicking the 'end' in the top right hand corner and then 'leave the meeting.**

# Accessing Zoom meetings (after initial Zoom app download and set up): Option 1
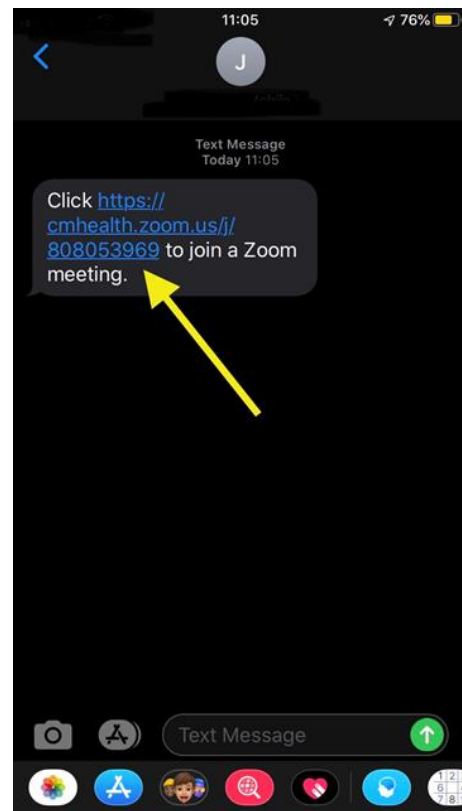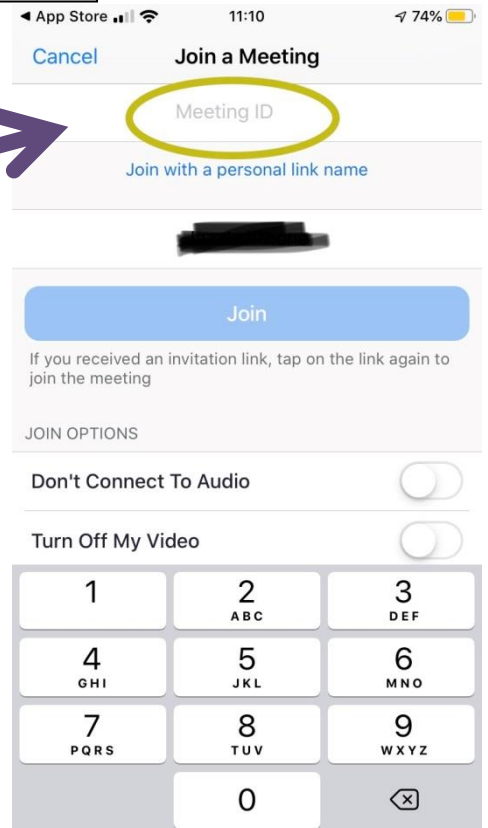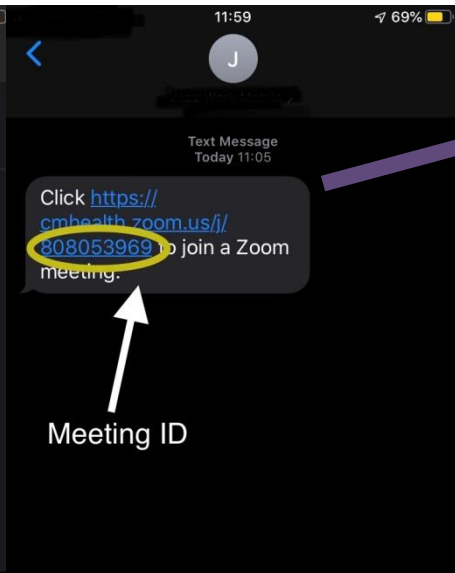




- **Click on the link in the text message or email sent by your therapist at the time of your appointment**

  (A new link will be sent to you at the start time of each appointment with your therapist- make sure you use the corresponding link)

- **This will open up the 'Zoom' app and you will be set up and ready to chat with your therapist straight away**

- **You can repeat this process for all future appointments once you receive the link from the therapist for your next scheduled meeting**

# Accessing Zoom meetings (after initial Zoom app download and set up): Option 2



Click into 'Zoom' app and then 'join a meeting'



- **Find the 'Meeting ID' number from the text message or email the therapist sends through prior to each appointment (\*this link will be different for each appointment)**
- **Enter this number into the 'Meeting ID' box in the 'Zoom' app and click 'Join' in 'Zoom'. Then you will be set up and ready to chat with the therapist**