

What is Telehealth?

Telehealth is the term given to an appointment with a health professional that is via online video, rather than in-person. Telehealth uses a secure, custom built platform to ensure client confidentiality and privacy.

Direction Psychology uses a Telehealth system called doxy.me that essentially a virtual waiting and consulting room for therapists and their clients to 'meet' in when they can't do so in real life.

Why should I use Telehealth?

When it is not possible for a client and their therapist to maintain face-to-face appointments, Telehealth is a safe and effective alternative to ensure continued care and ongoing access to support and guidance to clients in need.

Telehealth is quick, easy and convenient, and can be accessed via a mobile phone or desktop. Visit our website for video and/or written instructions on how to use Telehealth.

Common concerns of Telehealth:

- Confidentiality
 - It's a safe and secure online system, so confidentiality is assured!
- Technical expertise
 - You don't have to be tech savvy to use Telehealth. Access online is only a two-step process.
- No privacy at home
 - Get mobile! Connect from your car, the beach or a quiet park bench.

Have more questions or concerns? Please contact one of our friendly reception staff on 1300 322 068. We're here to help

