



TELEHEALTH

We have agreed to carry out your appointment using Telehealth (videoconference). Ensure you know how to use the technology. Add our ID to your contact list. We preferentially use Facetime if you have it. **We always make the call.** If we must ring you remember we use a silent number.

FaceTime

If you have Apple products (iPhone, iPad etc) you automatically have Facetime. You may need to activate it with an Apple ID.

Meet

We will send you a code prior to your appointment

[We will send you our Facetime ID or Meet ID on request to assist you with identifying the incoming call](#)

Regards

The embracing ADHD Team