3450 Fort Meade Road, Suite 105 ⋅ Laurel, MD 20724 Phone: (301)490-3825 ⋅ Fax: (301)490-3827

**What you will need for TeleCounseling:**

1. **Do you have a laptop, desktop PC, or Mac that is 3 years old or newer?**
Older devices may struggle to run the program properly.
2. **Is your space equipped with a modern internet connection that is reliable?**
Connecting directly to your router using an Ethernet cable for wired internet is recommended though wireless networks can work fine as well.
3. **Have you downloaded**[**Chrome**](https://www.google.com/chrome/browser/desktop/index.html?brand=CHBD&ds_kid=43700010857936957&gclid=EAIaIQobChMI_aH71dHu2AIVTWt-Ch3Gtg0DEAAYASAAEgLj3fD_BwE&gclsrc=aw.ds&dclid=CIPrwNfR7tgCFdFvAQodHH4J2Q)**or**[**Firefox**](https://www.mozilla.org/en-US/firefox/?utm_source=google&utm_medium=cpc&utm_campaign=Firefox-Brand-US-GGL-Exact&utm_term=firefox&utm_content=A144_A203_A006336&gclid=EAIaIQobChMI2PiD39Hu2AIVx4F-Ch19fgxIEAAYASAAEgIF6fD_BwE&gclsrc=aw.ds)**to your computer to use as your internet browser?**
Standard browsers such as Internet Explorer, Microsoft Edge, or Safari on a Mac may encounter compatibility issues with the video software as those browsers are not as up to date with modern code.
4. **Do you have access to a working webcam?**
Most modern laptops have built-in webcams which will work great for online counseling! If you have a desktop PC or Mac, you may need to purchase and set up an external webcam.
5. **Are you comfortable navigating computer software?**The online portal is easy to navigate and does not require any training to use. However, those who find computers to be confusing or frustrating in general may not be a good fit for online counseling.
6. **You may also use a cell phone or a tablet for the session. All cell phones must be on do not disturb to include notifications, alarms, and phone calls to avoid interrupting the session.**
7. **Do you have a private space where you will not be interrupted or distracted by children, pets, other family members, loud noises, etc.? Please note:**if you do not have a private place to meet, your session will have to be rescheduled or canceled. We cannot make exceptions.

Please sign your name below acknowledging that you have read and are able to comply with the TeleCounseling requirements.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_