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# COMMUNITY WELLBEING & SUPPORT CLINIC

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Welcome to the CHS Community Wellbeing and Support Clinic. Here are some guidelines for your first appointment...

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## BEFORE YOUR FIRST APPOINTMENT

- Review the Confirmation Email with instructions from your Counselor
- Determine if your session is virtual or in-person – this information should be in the Confirmation Email
- Bring a Personal Care Item* - We want you to be as comfortable as possible during your appointment, so we invite you to bring a *personal care item* if you so choose. For example, if you're someone who experiences anxiety and would like to bring something to fiddle with while you talk, you're more than welcome to do so. If you're thinking of something and aren't quite sure, feel free to contact the CWSC to ask if it's okay to bring
- If you may be late or need to reschedule, please contact the CWSC at [CHSwellbeingclinic@odu.edu](mailto:CHSwellbeingclinic@odu.edu). We require 24 hours' notice for cancelling/rescheduling and *if you will be more than 15 minutes late* to your appointment, we will need to reschedule the appointment, so please keep that in mind as well

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## DURING YOUR FIRST APPOINTMENT IF IT IS VIRTUAL

- Find a private and uninterrupted space that is comfortable for you to connect online to the virtual meeting with your Counselor
- Ensure you have reliable, high speed Internet access.
- Log onto the virtual meeting via Supervision Assist – Link is provided to you from you Counselor
- During the meeting, if you experience a disruption in your Internet or virtual meeting, please contact your Counselor or the CWSC at [CHSwellbeingclinic@odu.edu](mailto:CHSwellbeingclinic@odu.edu)

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## DURING YOUR FIRST APPOINTMENT IF IT IS IN-PERSON

- Arrive to the CWSC 15-20 minutes early of your scheduled appointment – a staff member will greet you and provide you with intake paperwork – *We are conveniently located in Powhatan Apartments in Suite G2*
- Fill everything out within the intake packet – If something doesn't apply to you write "N/A"
- At the time of your appointment, your Counselor will bring you back to the office space that you will be meeting in