

Established Clients

How to Teleheath in

5 STEPS

- 01** Set up an appointment with your counselor in session. If you do not have an appointment set up, complete a walk-in.
- 02** An appointment reminder email will be sent to you with the online link for your counselor.
- 03** 15 minutes before your appointment visit <https://uco.titaniumhwc.com> to fill out your checkin forms.
- 04** Go to your counselor's online link and sign in the popup window to notify the counselor of your arrival.
- 05** Your counselor will connect the video call to start your session.



Counseling Center

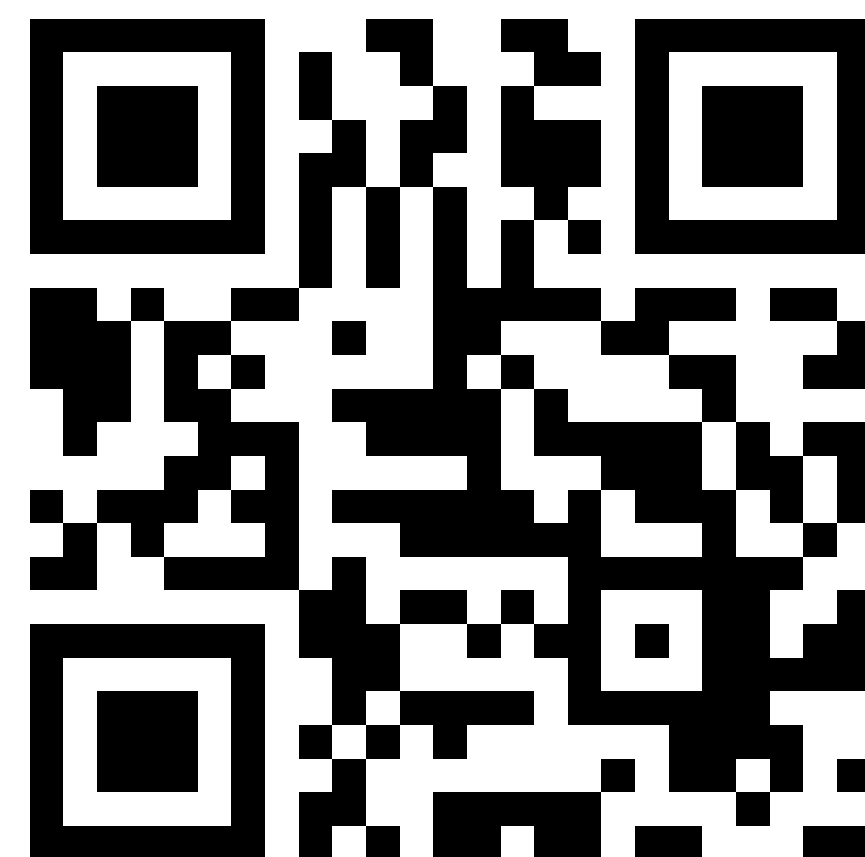
(405)974-2215

TAO - Online Self-Help

<https://thepath.taoconnect.org>

UCO Health Promotion

@ucohealthpromo



New or Established Clients

How to do a Telehealth Walk-in

4 STEPS

- 01** Set up an appointment by visiting <https://uco.titaniumhwc.com> and select "Request Appointment".
- 02** On the same website, fill out "First Time Visit" for your first visit or "Session Check-in" for established clients.
- 03** The Walk-in clinician will call you via phone to discuss your concerns and needs.
- 04** At the end of the session, the clinician will either schedule you in Counseling or Case Management for continued services, or they will recommend you return for a walk-in when needed.



Counseling Center

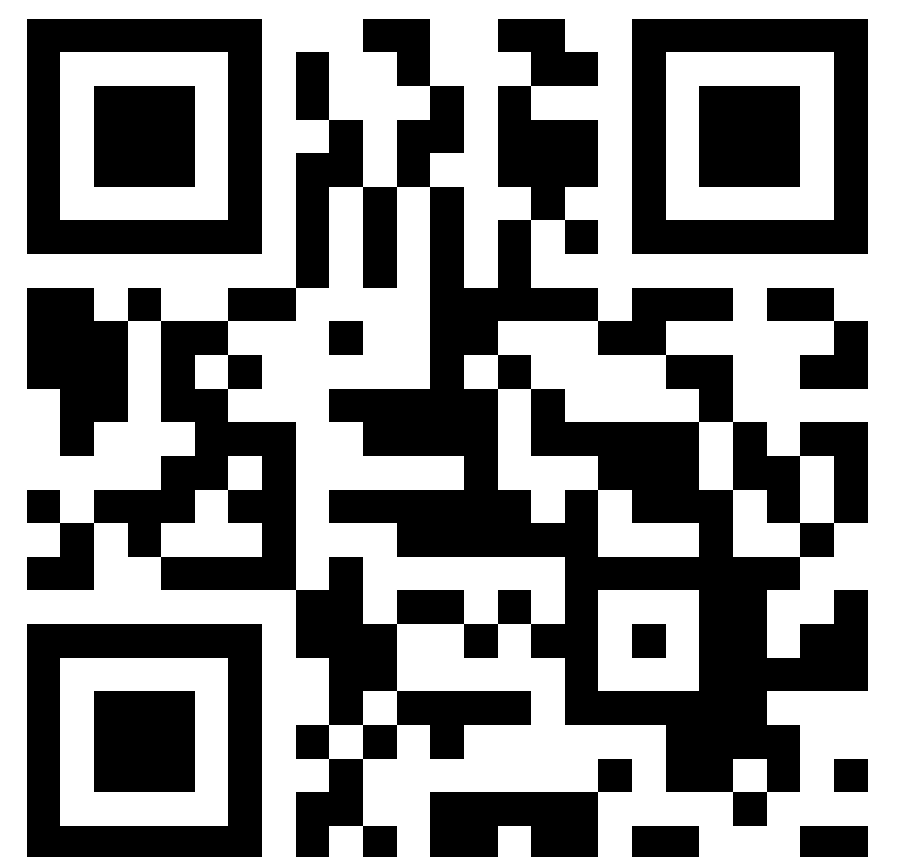
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New & Established Clients

How to Join a Telehealth Group

4 STEPS

- 01** Join a group list by calling the Center for Counseling and Well-Being at (405)974-2215.
- 02** The Counseling Center will give you the URL to attend the online group.
- 03** Go to the Zoom link at the time of your group to participate.
- 04** Mute your mic at the beginning of the call to prevent feedback and unmute when you are ready to talk.



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