Established Clients

How to Telehealth 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.
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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